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Date set for byelection for Casey's seat

POLITICS Prime Minister Stephen Harper announced yesterday four byelections will be taking place Nov. 9.

That includes the Nova Scotia riding of Cumberland-Colchester, a vacant seat since May 4 when popular and longtime MP Bill Casey announced he was resigning to take on the position of senior representative and agent general for the Province of Nova Scotia in Ottawa.

Casey is a former Conservative who won the riding in the last election as an Independent, receiving 69 per cent of the vote.

There are two byelections also now scheduled for Quebec on Nov. 9, and one in British Columbia.

METRO HALIFAX

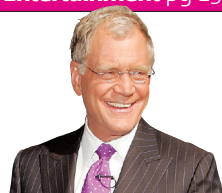
News on the Move

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Entertainment pg 19



Can female fans forgive Letterman?

On the web
Visit metronews.ca for news updates



A breast cancer survivor celebrates as she crosses the finish line in the Canadian Breast Cancer Foundation CIBC Run for the Cure yesterday at the Halifax Common. More than 8,000 people took part in the Halifax run and raised over \$859,000. **Story, page 3.**

Breast cancer

Run raises \$859,000

Road work to cause traffic delays

PAUL MCLEOD
paul.mcleod@metronews.ca

COMMUTE The first of many long Mondays for commuters starts today, as construction begins on the Fairview overpass.

The construction is scheduled to run every weekday for about six months and city planners have confirmed there will be traffic delays, though they're trying to keep up to three lanes open.

Transportation Minister Bill Estabrooks didn't sugar coat things last week. He said there will be traffic jams but drivers will just have to make do.

"Look, the work has to be done," he said.

"There will be some delays, there's going to be some inconveniences and people are going to be impatient and so on ... I ask for people to please be patient with the project because when it's done you're going to see a safer overpass and a better system."

The \$5-million renovation project came about after inspections showed the overpass was in need of significant repairs. The design of the structure is similar to the overpass in Laval, Que., that collapsed and killed five people three years ago.

Estabrooks urged drivers to take public transit or drive alternative routes.

Mancini reaches out

Archbishop 'heartbroken' about ex-bishop Lahey's arrest

PAUL MCLEOD
paul.mcleod@metronews.ca

Catholics across Nova Scotia were given a very personal, very anguished message when they went to church yesterday from the Archbishop of Halifax.

All eyes have been on the church since former bishop Raymond Lahey of the diocese of Antigonish was arrested and charged in Ottawa last week with possessing child pornography.

Archbishop Anthony Mancini of Halifax, who has been appointed the apostolic administrator of the Antigonish diocese,

discussed the scandal in a letter to be read in every Catholic church in the province yesterday. At Saint Mary's Basilica in Halifax he read the letter himself, which openly deals with him questioning his own faith.

"Enough is enough! How much more can all of us take?" he read.

"Like you, my heart is broken, my mind is confused, my body hurts and I have moved in and out of a variety of feelings, especially shame and frustration, fear and disappointment, along with a sense of vul-

nerability and a tremendous poverty of spirit."

He questioned why God let it happen, what it could mean, and whether this is "a time of purification or is it nothing more than devastation?"

He ultimately urged Catholics to come together and gain strength from each other.

"(God's) healing grace can only come from all of us sharing together our faith and convictions that, in spite of sin in all its forms, mercy is stronger than anger, forgiveness is more powerful than rejection."

Near the end of the service a priest read a series of prayers, including one for the victims of sexual abuse. When he finished, Mancini added one final prayer for Lahey.

Outside after the service, a few parishioners said they were not reassured and said Lahey's alleged crimes are unforgivable. But most said they found comfort from Mancini's words.

"I was just struck by how much a human being he appears to us in his honesty and his reaction," said churchgoer Sarah McGuire. "Hearing him read it you can definitely feel that."

MORE COVERAGE, PAGE 2



Archbishop Anthony Mancini

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Local



Schulich gifts Dal law school with \$20M

It's official. Dalhousie University announced Friday Canadian philanthropist Seymour Schulich is giving a "precedent-setting gift" of \$20 million. The donation is designated for the school's Faculty of Law, and in recognition of that, Dalhousie is re-naming its law program the Schulich School of Law at Dalhousie University. The school said in a release Friday most of the money will go to the creation of 41 new scholarships at an average of \$12,000 each. A ceremony recognizing Schulich's donation is tentatively scheduled for Oct. 15.

METRO HALIFAX



News in brief

BEAR SPRAYING Police say a victim was bear sprayed during a robbery attempt on Spring Garden Road and Queen Street late Saturday. Police say at 11:07 p.m., two females attacked another female and attempted to take her purse. They failed, but police say the victim was then bear sprayed. A witness followed the two suspects and police say both women were arrested on Grafton Street. **METRO HALIFAX**

metronews.ca

What's online today.

Analysis Across Europe, leftist politicians are losing their clout amid a string of scandals and economic misery at metronews.ca/world

Video Harper does his best

Ringo Starr for a black-tie gala in Ottawa at metronews.ca/canada

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Images not 'victimless': Prof

Expert says impact of sexual abuse on children is 'profound'

JON TATTREE
 for Metro Halifax

Long after the Bishop Raymond Lahey scandal fades from the front pages, the victims of images of child sex abuse distributed over the Internet will continue to suffer, says a Halifax expert on adolescent mental health.

"It's not a victimless crime," says Dalhousie University psychiatry professor Stanley Kutcher. "Most of (Internet child pornography) is young children who are abused sexually, and the pornography is developed from that."

Lahey, the former bishop of the Roman Catholic diocese of Antigonish, faces charges relating to images of child pornography allegedly found on his laptop computer last month. He resigned from his post in Antigonish a few days before his arrest in Ottawa went public.

Sexually abused children, like those in child pornography, suffer devastating men-



Bishop Raymond Lahey arrives at a police station last week in Ottawa. Lahey, a former Nova Scotia bishop who oversaw the settlement of sex abuse allegations against the Roman Catholic Church, is facing child pornography charges.

tal-health problems, Kutcher says as the Lahey scandal brings this issue to the forefront. "The impact profoundly affects the child's brain development into adolescence and beyond."

Such "abnormal stresses" physically damage brain development in the sensitive hippocampus, which relates to mood control and the integration of feeling and

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thinking. The damaged neural pathways create difficulties with depression, anxiety

disorders and sexual fulfillment later in life.

"There is a strong possibility that the young person's ability to self-regulate their moods will become problematic," Kutcher says, making them more prone to physically lashing out in stressful situations. Victims also find it more difficult to "get over" emotional turmoil later in life, he said.

Fighting the funk: Phase One

WASTE The Halifax Regional Municipality announced Friday that Phase One of the Halifax Wastewater Treatment Facility recovery process is underway, which should slowly see the end to the strong stench that has plagued parts of the downtown waterfront for the past several months.

According to an HRM release, waste is now flowing into the facility again where screens are separating the "debris and floatables."

"The first phase of the restoration effort will bring improved aesthetics into the harbour as well as a significant reduction of elimination or odours," Halifax Water general manager Carl Yates said in a release.

The waste treatment facility had been out of commission since Jan. 14, as a power outage saw millions of litres in sewage flood the \$54-million plant and damage the electrical systems. The goal is to have the facility fully operational again by next spring. **METRO HALIFAX**

Investigation smokes out 200,000 Chinese cigarettes in smuggling scheme

Six people are facing charges after the seizure of 200,000 Chinese cigarettes in Halifax.

Four men and two women were arrested

Wednesday following a joint investigation by the RCMP, Canada Border Services Agency and Canada Revenue Agency.

The RCMP says the inves-

tigation began in August after border services officers intercepted two parcels containing illegally imported Chinese-brand cigarettes that had been

shipped by air to Halifax from Shanghai.

Officers discovered that about 30 additional parcels were imported between August and September.

The Mounties say the cigarettes were re-packaged in Halifax and sent to various locations in Ontario and Alberta.

THE CANADIAN PRESS

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*HPV = Human Papillomavirus

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School boards going back to one-year terms

The governing NDP is amending the Education Act so that Nova Scotia's elected school boards will return to one-year terms for both chairs and vice-chairs. The previous Tory government passed a provision in 2008 changing the term of office for both posts to two years. **METRO HALIFAX**

Police chief who oversaw Marshall investigation dies

SYDNEY Former city of Sydney police chief John MacIntyre, who led a bungled investigation that wrongfully convicted Donald Marshall Jr. of murder, died Wednesday. He was 90.

Marshall spent 11 years in prison before an RCMP investigation proved he was not guilty of stabbing Sandy Seale in Wentworth Park in 1971.

Despite MacIntyre's steadfast assertion Marshall was to blame for Seale's death, Roy Ebsary was subsequently found guilty of manslaughter in the death and served one year in jail.

Over the years Marshall became an icon in the aboriginal community for his activism. He suffered from chronic health problems and died in August at age 55.

The RCMP investigated MacIntyre's involvement in the Marshall case, but decided against charges in 1990, claiming criminal charges against MacIntyre "cannot be substantiated."

CAPE BRETON POST

News in brief

ROBBERY Halifax Regional Police are still on the lookout for a man they say robbed the Pharmasave Drug Store on Pleasant Street in Dartmouth late last week. Police say at just after 8 p.m. Friday, a man walked into the store and passed a note to the pharmacist demanding drugs. Police say the suspect looked to have a gun in his pocket also, as they say the victim saw the handle. When the suspect got the drugs, he left the store on foot. He is described as a white, 20-year-old male with brown hair and a goatee. **METRO HALIFAX**

'It's important to be here'

Dartmouth woman takes part in Run for the Cure days after her mastectomy

PHILIP CROUCHER
philip.croucher@metronews.ca

Alana Doucette could've been excused for missing yesterday's Canadian Breast Cancer Foundation CIBC Run for the Cure.

Just three days earlier the 37-year-old Dartmouth mother of two had undergone a mastectomy in her now seven-month fight against the potentially fatal disease.

But Doucette made it a point to be apart of the event in Halifax — no matter the obstacles facing her.

So like over 8,000 others, she was there for the race's beginning at the Halifax Common. And while she needed to be in a wheelchair for much of the one-kilometre route, Doucette did find the strength to walk across the finish line with her husband, Darren, and two boys, Ty, 5, and Mitchell, 3, as a cool, light rain fell from the sky.

"I think it's good to be out. I think it's good to continue to live your life,"



Alana Doucette walks toward the finish line in the Canadian Breast Cancer Foundation CIBC Run for the Cure with her husband, Darren, and sons Ty, 5, and Mitchell, 3, at the Halifax Common yesterday. Doucette underwent a mastectomy last Thursday.

she said next to her family, who walked the route with her "It's important to be here and I think it's important that we're here because we want to save oth-

er people's lives."

Doucette was diagnosed with breast cancer March 10, and finished her chemotherapy treatments at the end of August. She

had never participated in the Run for the Cure before, and was taken aback by how many people were participating — including the large number of those

Funds raised

• Over \$859,000 was raised yesterday by Halifax volunteers participating in the CIBC Run for the Cure, with further donations still expected to come in until the end of the month.

not directly affected by breast cancer.

"You don't realize until you're part of something how many people do it just because," she said. "You see so many people just participating to help get the word out, which is amazing."

Her husband was also impressed with the crowd — and the continued strength of his wife.

"It's hit really close to home with us and to see her bounce back after surgery, then to come out in the pouring rain and take part in something like this, it says a lot about her character and her desire for other people to not have to go through the same thing we went through," he said.

Tories cry hypocrisy as NDP allows deficit budgets

Nova Scotia's NDP government introduced legislation Friday that will allow it to table a deficit budget and use money from offshore resources to pay for programs and services instead of debt retirement.

In outlining amendments to the Financial Measures Act, Finance Minister Graham Steele said the changes will also remove the requirement for a



"We are simply acknowledging the reality of the situation in which we find ourselves."

Finance Minister Graham Steele

deficit, currently pegged at about \$592 million, to be recovered the following year.

The NDP defeated the minority Conservatives and forced an election in June

after the Tories proposed much the same changes.

Steele defended his party's actions, saying fiscal reality left them little choice. "When the previous gov-

ernment introduced their bill last May, we felt that it was part of a less-than-honest representation of the state of the province's finances," he said during a bill briefing.

"The province was in deficit but the previous government just wouldn't admit it and we are simply acknowledging the reality of the situation in which we find ourselves."

The proposed legislative amendments prompted accusations of hypocrisy from opposition parties.

"They're doing pretty much what we had proposed," said Tory finance critic Chris d'Entremont.

"They had a chance to put their own stamp on it. ... You know, not a lot of work, not a lot of thought went into this," he said.

THE CANADIAN PRESS

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Vigil held for missing, slain native women

Organizer calls for 'national plan of action'

Dozens of people held hands and participated in a sacred native ceremony in Halifax yesterday as they remembered the hundreds of aboriginal women who have been murdered or are missing in Canada.

Sitting in a circle at a Mi'kmaq friendship centre, about 60 people joined in on a native smudging ritual while urging governments and justice officials to work to solve cases of murdered or missing women.

"We call for a national plan of action that recognizes the violence faced by aboriginal women because they are aboriginal," organizer Alana Lee said as sweetgrass smoke hung heavy in

"Violence against aboriginal women is too big a problem to ignore."

Alana Lee, organizer the air.

"Violence against aboriginal women is too big a problem to ignore."

The event was one of many Sisters in Spirit vigils being held across the country, including a national service in Ottawa to honour aboriginal women.

In Halifax, Margaret Brooks spoke of the shock of losing her sister, whose body was found in a local school window well in May.

Tanya Brooks, a mother

of five children, was from the Millbrook First Nation but was living in Halifax when she died. Reports indicate she had struggled with drug addiction and poverty throughout her life.

Holding a poem that her sister wrote before her death, Brooks said people must not be afraid to speak out against any type of abuse.

"We all have a responsibility that if we see something that we don't approve of, speak up, say something, because you never know, that might be the call that actually saves someone's life," she said through tears.

THE CANADIAN PRESS

Former N.S. MLA dies at 93

POLITICS Former Pictou West MLA and cabinet minister Harvey Veniot has passed away.

Veniot died Friday at the age of 93 with his family at his side, said Progressive Conservative Leader Karen Casey in a release issued late Saturday.

"Harvey Veniot is the perfect example of a fine Nova Scotian who expressed his strong values and made an enormous difference in the lives of many Nova Scotians," Casey said. "He will be missed. I want to express my condolences to his family for their loss."

Veniot entered politics in 1953 and was first elected as a PC candidate in 1956, serving Pictou West for the next 18 years as MLA. He was appointed Speaker of the Nova Scotia House of Assembly from 1961 to 1968.

NEW GLASGOW NEWS

Cat show **Having a cuddle**



All-breed judge Walter Hutzler makes a face as he holds up Dragonhill Lotus Blossom, a Scottish fold cat, at the Nova Scotia Cat Fanciers show at the Dartmouth Sportsplex yesterday.

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Producers agree to commercialization of rare chickens

There are thought to be only 2,000 Chantecler chickens alive, with the majority of them in Quebec. Three organizations representing Quebec's egg and poultry producers recently signed an agreement to allow limited commercial production of the Chantecler. **THE CANADIAN PRESS**

Canada



Out-of-this-world milestone marked

Canada is marking a space travel milestone today: it will be a quarter-century since the country's first astronaut blasted into space. Marc Garneau hitched a ride aboard the now-infamous Space Shuttle Challenger on Oct. 5, 1984, beginning an eight-day mission. Garneau, now a Liberal MP from Montreal, says he's surprised with how far space travel has come. The anniversary coincides with another first — Guy Laliberte, a Canadian circus billionaire who is preparing to stage a concert from space next week, is Canada's first space tourist. **THE CANADIAN PRESS**

Bills call for cheaper drugs

Plan would restart delivery to countries fighting epidemics

A Liberal senator and a NDP MP are seeking all-party support for new legislation that could restart Canada's ambitious promise to deliver cheaply priced drugs to countries fighting AIDS, malaria and other epidemics.

Liberal Senator Sharon Carstairs and NDP MP Judy Wasylycia-Leis both have bills before Parliament to fix Canada's Access to Medicines Regime — dysfunctional legislation that has only worked once in five years. Carstairs and Wasylycia-Leis held a joint press conference in Winnipeg on Friday, saying this is a "humanitarian issue" that cuts across party lines.

Only Rwanda has benefited from the Canadian legislation, which was created in 2004 with all-party support. The bill was the brainchild of former prime minister Jean Chrétien. Widely received, it was heralded by rock stars and introduced with fanfare to the United Nations.

Last month, enough AIDS medication to treat 21,000 people left Toronto for Kigali. But Apotex Inc.,

the Canadian generic giant that manufactured the antiretroviral drug for Rwanda, says unless the legislation is streamlined and easier to use, it will not do it again.

Carstairs' bill, S-232, goes to Senate committee this week. Wasylycia-Leis' (Winnipeg North) bill, C-393, will be heard in the House in the next couple of months. Both bills would simplify the cumbersome legislation with a "one-licence solution," eliminating the current requirements for separate negotiations with patent-holding drug companies for each purchasing country and each medication order.

"It is an uphill battle," Wasylycia-Leis said.

TORSTAR NEWS SERVICE

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Tories need exit strategy, says ex-PM

POLITICS The Harper government has created a structural deficit and now needs to outline a clear exit strategy, says former prime minister and deficit-slayer Paul Martin.

Martin, speaking to reporters after a speech to a global economic conference in Waterloo, Ont., yesterday, said his government left behind a \$13 billion surplus and the Conservatives whittled that down to nothing before the recession even hit.

"That surplus was wiped out and more before a penny was spent on stimulus spending," Martin said.

If the surplus had been left untouched, there would have been enough money in Ottawa's coffers

to cover billions of dollars of stimulus spending without going into deficit, he added.

Much of the deficit reflects higher government stimulus spending to fight the recession, lower corporate taxes as company profits fall and billions of dollars spent to bail out General Motors and Chrysler. **THE CANADIAN PRESS**

Montreal Dogs in church



Alexa Nadeau receives communion with her dog Christy, at Christ's Anglican Church, yesterday in Montreal. The church is running a project that allows worshippers to bring their dogs to church.

News in brief

DEATH The pilot killed Saturday when his homemade plane spiralled down into a Prince Edward Island farmer's field has been identified as 70-year-old Thomas Capstick, a longtime aviator and former airport employee.

WATCHDOG The Harper government will not reappoint the chairman of an embattled military watchdog agency, The Canadian Press has learned. Peter Tinsley has been told his leadership with the military complaints commission will be allowed to expire and it will likely end before a probe of Afghan prison torture is completed.

POLITICS Liberal Leader Michael Ignatieff reached out today to his Quebec caucus today in a speech aimed at inspiring party unity.

THE CANADIAN PRESS

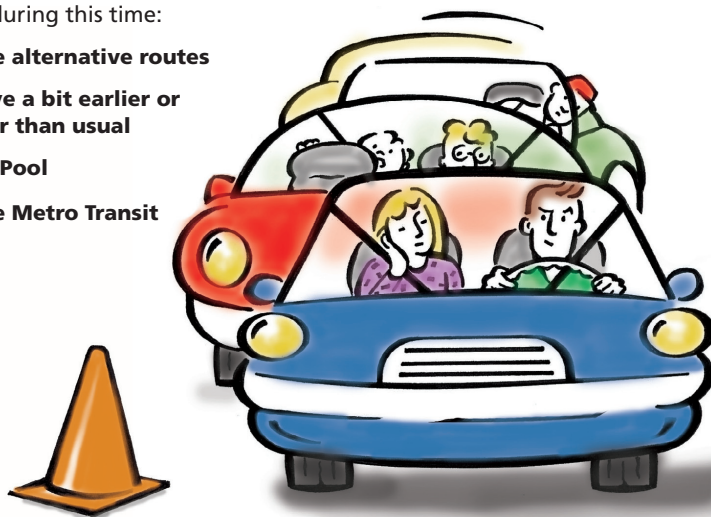
We Know... But Safety First

Work has begun to replace sections of the Fairview overpass.

To help reduce delays, up to three lanes will remain open during the project. Construction is expected to take about six months.

The following tips may help beat traffic during this time:

- Take alternative routes
- Drive a bit earlier or later than usual
- Car Pool
- Take Metro Transit



Visit our website for more information on the Fairview overpass construction project at: www.gov.ns.ca/tran or www.halifax.ca

HALIFAX
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NOVA SCOTIA
Transportation and Infrastructure Renewal

A wind-fanned wildfire that charred some 14.2 square kilometres of California's San Gabriel Mountains continued to rage yesterday as firefighters worked to prevent flames from advancing toward a mountain resort community. In Arizona, some residents of the town of Williams remained away from their homes as fires burned 1,000 acres. **THE ASSOCIATED PRESS**

California and Arizona wildfires scorch 4,500 acres

World



Judge on trial for sexual improprieties

A former Alabama judge goes on trial today on charges of having sex with male inmates in exchange for leniency. Herman Thomas resigned his circuit judgeship in 2007 after being accused of having defendants pull down their underwear for paddlings in his private courthouse office. A Mobile County grand jury indicted him in the spring on charges accusing him of having sex with inmates brought to a private courthouse office.

THE ASSOCIATED PRESS

Deadly day for U.S. in Afghanistan

Hundreds of insurgents armed with automatic rifles and rocket-propelled grenades stormed a pair of remote outposts near the Pakistan border, killing eight U.S. soldiers and capturing more than 20 Afghan security troops in the deadliest assault against U.S. forces in more than a year, American military officials said yesterday.

The fierce gunbattle, which erupted at dawn Saturday in the Kamdesh district of mountainous Nuristan province and raged throughout the day, is likely to fuel the debate in Washington over the direction of the troubled eight-year war.

It was the heaviest U.S. loss of life in a single battle since

Statement

Afghanistan is not in imminent danger of falling to the Taliban, U.S. President Barack Obama's national security adviser said yesterday. Retired Gen. James Jones' comments came hours after the attacks that killed eight Americans.

July 2008, when nine American soldiers were killed in a raid. Gen. Stanley McChrystal, the top U.S. and NATO commander in Afghanistan, plans to shift U.S. troops away from remote outposts that are difficult to defend and move them into more heavily populated areas as part of his new strategy to fo-

cus on protecting Afghan civilians. The Taliban claimed responsibility for the attack. Canadian NATO spokesman Brig. Gen. Eric Tremblay said the assailants included a mix of "tribal militias," Taliban and fighters loyal to Sirajuddin Haqqani, an al-Qaida-linked militant based in sanctuaries in the tribal areas of Pakistan near the Afghan border.

THE ASSOCIATED PRESS

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Residents travel by boat amidst flooding south of Manila, the Philippines.

Philippines hit by deadly storm again

TYPHOON Landslides buried two families in the Philippines as they sheltered in their homes from Asia's latest deadly typhoon, which killed at least 16 people and left more than a dozen villages flooded yesterday.

Typhoon Parma cut a destructive path across the northern Philippines Saturday but spared the capital,

Manila. It headed out to sea, and last night was hovering less than 100 kilometres off the coast, where it was expected to stay for the next three days, forecasters said.

That was close enough to Taiwan to cause heavy rain on the island, where troops were evacuating villages.

Philippine Police Senior Supt. Loreto Espineli said a family of five died when their home in Benguet was buried as Parma hit. Seven people were also buried in a nearby village, he said.

Parma hit just eight days after a storm hammered Manila, killing almost 300 people.

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Senior al-Qaida leader releases video of eulogy

AL-QAIDA Al-Qaida's deputy leader in a video released yesterday paid tribute to a senior militant who was held in U.S. secret prisons and once gave information about links between the terror group and Iraq that

was later deemed false.

In his 10-minute video, Ayman al-Zawahiri eulogized Ali Mohammed Abdel-Aziz al-Fakheri, a Libyan militant with the nom de guerre of Ibn al-Shaykh al-Libi. The mili-

tant reportedly hanged himself with bedsheets in his prison cell in Libya in May, according to a newspaper with ties to Libyan leader Moammar Gadhafi's son.

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News in brief

ELECTION Greece's Socialists trounced the governing conservatives in a landslide election yesterday, with voters angered by scandals and a faltering economy ousting Prime Minister Costas Karamanlis halfway through his second term. George Papandreou, 57, now follows in the footsteps of his father, Andreas Papandreou — who founded the Panhellenic Socialist Movement party, or PASOK — and grandfather and namesake George Papandreou, both of whom served several terms as prime ministers.

IRAN The visiting head of the UN nuclear watchdog set Oct. 25 as the date for his inspectors to check Iran's newly revealed uranium enrichment site and struck an upbeat note yesterday, saying Tehran's confrontation with the West is shifting gears to more co-operation and transparency. Though the UN has no "concrete proof" of an ongoing nuclear weapons program, the chief of the UN's International Atomic Energy Agency, Mohamed ElBaradei, said he has "concerns about Iran's future intentions."

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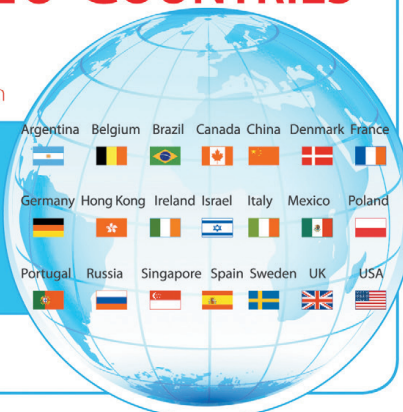
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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Putting thanks into Thanksgiving

HineSight

Anne Hines

metronews.ca/hinesight

Thankfulness has more to do with who you are than where you are. For instance, today is Monday. For all of us. It's October, meaning that in most parts of this country

the weather can be loosely described as "complete crapolla." In spite of this, some of us are thinking, "A new week! Who knows what magical things may happen? And look, a free newspaper. Could life be any better?" Whereas others are thinking, "Yes, it damn well could."

It is simply the case that some people find it harder to be thankful than others. Normally, we call these people "pessimists" or "Toronto Maple Leaf fans."

The first step to being

thankful is to consider which type of person you are. Ask yourself this question:

"If my life were a movie, what kind of movie would it be?"

Those who see their lives as a Sandra Bullock romantic comedy believe that, though there will be a kooky mix-up and all will seem lost two-thirds of the way through, ultimately life will end happily and your hair will look great. These people find it easy to be thankful.

If you picture your life as a Bruce Willis action movie, then you may see the world as a place where good always triumphs over evil and poor acting and questionable plot lines will always be graciously overlooked by others so long as you make enough things blow up. You also are a thankful person. A little scary and delusional perhaps, but thankful.

If you see your life as one of those arty foreign films in which everyone sits around intoning, "We must

go to Moscow," and the entire thing is shot from the perspective of a three-week old loaf of pumpernickel bread, it may be harder for you to see life as something to be thankful for. In fact, you should forget about thankful and just seek help. Now.

So, can those of us who are gratitude-ily challenged still enjoy Turkey Day? Absolutely. Simply change your outlook by repeating one of these mantras:

"Sure things are bad, but I'm way better off than that

turkey."

"My relatives are charming and cranberry jelly mold is my favourite dish."

"I don't have to do this again until Christmas."

Happy Thanksgiving!

• A big shout-out to Metro readers Beth, Mark, Stacey and Nancy who came to hear me read from my new book, *Parting Gifts*. I'm thankful for you!

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Open your minds and shut out intolerance

UrbanScrawl

Christina Biluk

metronews.ca/urbanscrawl

As citizens of this global community, are we really doing all we can to make our fellow members feel welcome and engaged?

Do people who have lived their entire lives in Halifax feel just as welcome as those who have lived here a few weeks?

Each year, as September rolls around and the students return, the city goes through this awkward

transformation of getting used to having a whole new group of people engaged in the city again.

While some university towns roll out the red carpet, excited that students with new ideas and fresh outlooks are back, Halifax isn't there yet.

But it isn't only the students we've been known to exclude, there are others.

We are all guilty of judging others, those who live on the street, addicts, and people with criminal records.

We don't accept those with weight issues, mental illness, physical disability and disease.

We give these groups a

badge of shame to wear around, when we stare at them awkwardly, treat them poorly, and make our city a place where they feel unwelcome.

Why do we do it?

We would never treat someone differently that had diabetes, a nut allergy, or that was fighting cancer.

The difference between the two groups is the latter we understand, but what do we know about mental illness, physical disabilities, and addictions?

Likely not a lot.

It's the scariness of the unknown that has us pushing ourselves away from these individuals.

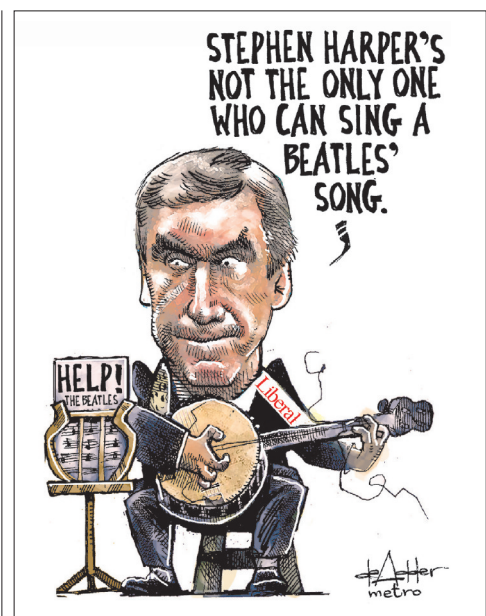
So what can we do about it?

We can start by talking about things we don't understand, with our neighbours, friends and family members.

We can stop ourselves next time we find ourselves judging someone, and ask — why are we doing this?

Lastly, we can engage everyone to share their ideas and thoughts, and be a part of our community activities, because great ideas can come from anywhere we just need to open our minds to accept them.

Christina Biluk is Director of Engagement for FUSION Halifax. Visit FUSIONHalifax.ca to find out how to get involved in shaping our city; theurbanscrawl@gmail.com.



Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

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Keep a lid on your heat

If you have a wood-burning fireplace or stove, make sure the damper fits tightly and keep it closed when there's nothing burning. Otherwise, huge amounts of heat will pour up the chimney. **TORSTAR NEWS SERVICE**

9

Going Green

Chuck those baby wipes

Most baby wipes contain propylene glycol, a derivative of natural gas and hormone-disrupting parabens, according to Gillian Deacon's Green For Life. Instead, try wiping your baby with small washcloths and warm water.

TORSTAR NEWS SERVICE



Bundle up: It's time to save on heat

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

The leaves are turning, the Leafs are losing, turkeys are on sale at the grocery and there is a nip in the air. These are all sure signs that fall is here. This means that it is, or will be soon, time to turn on the heat. This seems like a good time to examine what we can do to reduce the amount of heat-related energy we use this winter.

The first thing is to make sure your furnace is in good working order. Having a dirty filter slows the passage of air through the

furnace so a furnace with a clean filter operates more efficiently than one with a dirty filter. Also, like a car, keeping all the moving parts in a furnace clean, lubed and "tuned up" also adds to the efficiency and subtracts from your energy bill.

For us a key tool for energy conservation is a programmable thermostat.

These ingenious little devices mean that you no longer have to remember to turn the heat down before you go to bed or go out for the day. Plus, and this is huge, it means that you can wake up to or come home to a warm house. If you have a regular routine (get up, go to work, etc.) simply

program the thermostat to have your house warm for you when you get up, cool it down again when you go to work and then have it warm again when you come home. Many models can be set

with a different program for week days from weekends since requirements may be different for those days. Some can even be set for different programs for each day of the week, if your life and schedule are that complicated. All thermostats also have manual overrides for when you step outside your routine. When used properly programmable thermostats can significantly reduce energy use and heat-

ing bills. Plus they are not that hard to install or program.

Thermostats should also be set as low as possible (within the limits of comfort). Not higher than 21 degrees Celsius is suggested for the daytime (when you are home) and 2-3 degrees lower at night. Obviously the health and age of the occupants of a home will play into that decision, but we should try to go as low as we can.

Another energy saving device is the ceiling fan. As we know, hot air rises there-

fore the heat we pump into our rooms can end up near the ceiling while we shiver in the cooler air below. A ceiling fan can move this hot air around and redistribute it into the room.

Lower tech energy saving tips include blocking drafts. If you have older windows and don't see yourself springing for new well-sealed ones this year consider sealing them with plastic. You can buy these window sealing kits in hardware stores. It doesn't look great at first but in a couple of days you won't even notice it and you will be warmer. Blinds and thick curtains are also good for sealing in heat, especially at night. Don't heat unused space: close doors to and

vents in rooms that are not used or contain off unused areas.

Saving energy used for heating lets us actively participate in conservation and also save money. So dig out the sweaters and bundle up, and have a warm, safe, and less costly winter.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University. earthtones.metro@gmail.com

Set your thermostat as low as possible

Torch relay carbon footprint shaping to be Olympic-sized

FLAME The fuel feeding the 2010 Vancouver Olympics flame won't be the only thing burning when the torch relay begins at the end of October, with its 45,000-kilometre journey by air, land and water into every corner of Canada generating its own share of carbon emissions.

Vancouver Olympic officials say they are updating their estimates of the torch relay's carbon footprint, but pointed to a report released in January 2008 by the David Suzuki Foundation. The report, using figures from 2007, put the figure at about 1,500 tonnes.

Vehicle travel represented about half of that estimate. The report estimated that the flame itself — which will be fuelled by a blend of propane, iso-butane and hydrocarbons — will be responsible for about five tonnes of carbon emissions.

To put those numbers in perspective, the David

Route of the flame

- The torch will be lit in Olympia, Greece, on Oct. 22, and arrive in Victoria on Oct. 30 to begin the Canadian leg of the relay. For the next 106 days, it will travel by vehicle, plane, boat and train to visit every province and territory on a route that includes 1,000 communities and extends into the Far North.
- The Games are the first with an official carbon offset supplier, which VANOC will use to offset an estimated 110,000 tonnes of carbon emissions, including the torch relay. Sponsors, competing nations and people coming to watch the Games will be encouraged to buy offsets to cover the rest.



vancouver 2010

300,000 The 2010 Olympics are estimated to produce 300,000 tonnes of carbon emissions, from the direct staging of the Games in Vancouver and Whistler to indirect sources such as athlete and spectator travel.

Suzuki Foundation says

driving a mid-size car for a year produces about five tonnes of carbon dioxide.

The relay will make up just a small fraction of the total emissions associated with the Games — representing about half a per cent, said Deborah Carlson, one of the authors of the David Suzuki Foundation report. **THE CANADIAN PRESS**

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Business



Cerveza stocks rise on merger talk

Mexican brewer and beverage maker Fems's stocks have risen following the company's announcement of a possible merger of its beer business. Fems's shares closed up 8.18 per cent at 62.53 pesos (\$4.6) on Friday in trading on the Mexican Stock Exchange. Fems SAB says it is talking with several companies about merging but has not disclosed details.

THE ASSOCIATED PRESS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Regulators close three more U.S. banks

FINANCE Regulators have shut Warren Bank in Warren, Mich., and two small banks in Colorado and Minnesota, boosting the number of failed U.S. banks this year to 98 as loan defaults rise in the worst financial climate in decades.

The Federal Deposit Insurance Corp. took over Warren Bank, with about \$538 million in assets and \$501 million in deposits as of July 31. The Huntington National Bank, based in Columbus, Ohio, agreed to assume the deposits and about \$83 million of the assets of the failed bank. The FDIC will retain the remaining assets for later disposition.

Regulators also shut the much smaller Jennings State Bank, in Spring Grove, Minn. Central Bank of Stillwater, Minn., agreed to assume the bank's \$52.4 million in deposits and essentially all the bank's assets, which

98 The number of failed U.S. banks during the worst financial climate in decades.

totalled \$56.3 million on July 31. Regulators shut a

third bank, the Southern Colorado National Bank in Pueblo, Colo. Legacy Bank of Wiley, Colo., agreed to assume the deposits and essentially all the assets of Southern Colorado National Bank. As of Sept. 4, deposits stood at \$31.9 million and assets totalled \$39.5 million.

THE ASSOCIATED PRESS

Greyhound to ponder future of northern routes

TRANSPORTATION Talks are set to go next Wednesday to help save Greyhound services in northwestern Ontario.

The company and Ontario Transportation Minister Jim Bradley will meet for an undetermined length of time to work out a solution.

Greyhound vice-president Stuart Kendrick says he would like to see a leadership role from provincial and federal ministers for a short-term, \$15-million break-even subsidy, that would give both sides 12 months to look at a long-term plan.

Greyhound has set a Dec. 2 deadline of pulling the plug on northwestern Ontario services unless a deal can be reached.

THE CANADIAN PRESS



In this photo released by the IMF, G-7 Finance Ministers and their Bank Governors pose for a group photograph at the Istanbul Congress Center in Istanbul, Turkey Saturday.

G7 finance ministers warn of fragile recovery

Finance ministers from the Group of Seven rich countries warned the recovery remains "fragile" and tried to talk up the U.S. dollar amid fears it could fall farther and disrupt the global economy.

The officials said in their closing statement after meeting Saturday in Istanbul that decisive moves by governments had improved conditions for the world economy and financial markets.

But they warned against "complacency" since

growth prospects remained "fragile" and unemployment continues to rise. Figures on Friday showed the U.S. economy shedding more jobs than expected in September, with unemployment at a 26-year high of 9.8 per cent.

They agreed it was too soon to withdraw the stimulus measures such as government deficit spending and rock-bottom interest rates that have helped restart growth.

U.S. Treasury Secretary

Timothy Geithner said the United States will unwind the "extraordinary" policy measures it has taken only when conditions stabilize and growth strengthens.

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Stocks face difficulties in maintaining strong gains

Stock markets could be in for some tough slogging in order to build on the sharp gains racked up practically without interruption since early March.

The main headwinds in the short term are softer economic data, higher expectations for third-quarter earnings and the possibility that the market is overbought and needs to back off somewhat.

"I'm very cautious," said John Johnston, chief strategist at The Harbour Group at RBC Dominion Securities.

"We've had this huge price gain, and the market

is probably due at some point for a correction."

The Toronto stock finished lower for a second week in a row last week, losing 2.26 per cent as investors were dismayed to see that the U.S. economy shed 263,000 jobs, many more than the 180,000 job losses that economists had expected.

"The surprises on the data are turning more negative," said Johnston.

"The market and analysts maybe got a bit ahead of themselves and now they're doing a bit of fine tuning, adjusting estimates a bit."

THE CANADIAN PRESS

Business in brief

THEME PARKS Private equity firm Blackstone Group is close to sealing a deal to buy Anheuser-Busch InBev's theme parks unit, including such notable parks as SeaWorld and Busch Gardens, according to a media report Friday. Citing unnamed sources, the Wall

Street Journal reported that the New York-based firm could buy the theme parks operated under the Busch Entertainment unit next week in a transaction worth between \$2.5 billion and \$3 billion.

THE ASSOCIATED PRESS

Mayors suspend resolution to retaliate against Buy American

WAIT AND SEE Canada's mayors are withdrawing their threat to boycott suppliers from the United States in retaliation of the Buy American laws.

The Federation of Canadian Municipalities says it won't enact a resolution passed in June because municipal leaders see progress in talks between the two countries.

In a statement Saturday, federation president Basil Stewart said the mayors want to give negotiators in the talks the time and space to reach a successful conclusion.

"We are encouraged by the talks now underway between Canadian and U.S. officials and want to give them the time and space to reach a successful outcome," he said.

"These talks can and should lead to a fair and mutually beneficial agreement."

THE CANADIAN PRESS

Lions get first 'W'

The Halifax Lions earned their first win of the Maritime Junior A Hockey League season yesterday, prevailing 5-4 over the Campbellton Tigers in Summerside, P.E.I. Stuart Lenehan had a goal and an assist as the Lions improved to 1-3-1. **METRO HALIFAX**

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Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA



Palardy enters record books

Saint Mary's Huskies kicker Justin Palardy booted his way into the Atlantic University Sport football record books on Friday with four field goals. The fourth-year standout has 56 in his career, matching Jadran Mlinarevic's 23-year-old record.

METRO HALIFAX

Swagger in their step

MATTHEW WUEST

matthew.wuest@metronews.ca

It was easy to assume a road trip to Quebec might spell disaster for the struggling Halifax Mooseheads. As it turns out, it's helped them get some much-needed confidence.

The Mooseheads finally have a little bit of swagger in their step after breaking a seven-game season-opening losing streak on Saturday with a 6-1 thumping of the Val-d'Or Foreurs. They followed that up yesterday by going toe-to-toe with the powerful Rouyn-Noranda Huskies in a 4-2 loss.

The split was a much-needed solid start to a stretch that sees them play eight out of nine games on the road.

"We're feeling good," said Mooseheads head coach and general manager Cam Russell. "The

younger guys are getting more and more confident and comfortable. They're earning their opportunities — we're not giving them opportunities — through hard work and consistent play."

Gerrad Grant and Charles Bety, 19-year-old forwards, scored for Halifax yesterday, while Mathieu Corbeil started his second straight game and stopped 21 shots.

On Saturday, 18-year-old assistant captain Travis Randell recorded his first career hat trick and an assist, while Grant and rookie Carl Gelinus had a goal and assist apiece.

Corbeil made 17 saves in the win.

Russell said he was most happy with the defensive play, which was a focus of the team coming into the weekend. The Mooseheads surrendered only 43

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shots combined.

"You look at us coming up here and outshooting both of these teams in tough buildings ... Defensively, we played very well," Russell said. "We're

pretty happy with that. You have to score goals to win hockey games, but the defensive game is something we've been putting a lot of work into."

Spencer Metcalfe found his way onto the injured list by hurting his hand in a fight. He's listed as day-to-day.

The Mooseheads' road trip continues tomorrow with a visit to the Gatineau Olympiques. They return home for a rematch with the Huskies on Friday at 7 p.m. at the Metro Centre.



Travis Randell, Halifax's 18-year-old assistant captain, netted his first career hat trick, along with an assist, in Saturday's 6-1 win over Val-d'Or.

Sports in brief

BASEBALL Dartmouth Moosehead Dry could get a second crack at a Canadian senior baseball title at Beazley Field in 2010. Baseball Canada is expected to announce today the host of the national tournament, which Dartmouth hosted in August but in which they did not qualify for the playoff round. Windsor, Ont., pulled out late in the process, leaving Dartmouth vying for the spot with two other cities. Dartmouth already has a spot at nationals after sweeping the Halifax Pelham Canadians 4-0 in the best-of-seven Nova Scotia Senior Baseball League final last month.

BOXING Halifax's Tyson Cave claimed the Canadian super bantamweight boxing title on Saturday night at Civic Arena. Cave, a multi-time national amateur champ, won a unanimous 10-round decision (100-90, 99-91, 97-93) over fellow hometown boy Steve Cannell to improve to 9-0 as a pro.

SOCCER The Dalhousie Tigers soccer program continues to dominate early in the Atlantic University Sport season. Katie Richard scored twice and was named player of the game as the women's team edged the visiting St. Francis Xavier 2-1 yesterday to remain the only unbeaten team in the circuit at 5-0-2, tied for No. 1 with Cape Breton.

METRO NEWS SERVICES

Passing game becoming a strength for Huskies

MATTHEW WUEST

matthew.wuest@metronews.ca

FOOTBALL When Jack Creighton threw for 438 yards on Friday, it was an indication of how far the Saint Mary's Huskies' passing attack has come in little over a year's time.

The sophomore quarterback went 24-of-33 and delivered touchdown passes to Jahmeek Murray, Carl Hardwick and Joe Doherty in a 47-18 victory in Atlantic University Sport action before a crowd of 3,212 at Huskies Stadium.

Although it was against the basement-dwelling Mounties, the Huskies have now totalled 1,252 yards and six touchdowns through the air four games into the season, more than double the totals they had at this time last year.

"It's no comparison — it's way further ahead than last year," said Huskies head coach Steve Sumarah.

"The receivers are doing a really good job running routes, catching balls, Jack's more confident, the pass-pro is outstanding.



Second-year quarterback Jack Creighton is a big reason the Huskies are seeing a marked offensive improvement this year.

"It all adds up and takes the pressure off the run game so that it isn't our only avenue to move the ball."

Creighton's passing yardage was the seventh-best single-game total in AUS history, 63 off the record. He missed the Huskies' school record by just 15 yards.

The Huskies (3-1) have now won three straight games, and it's a good thing. They have no room to slip if they want to have any chance of finishing first in the AUS because the St. Francis Xavier X-Men (4-0) remained unbeaten on Saturday with a 60-7 shellacking of the Acadia Axemen.

"It's no comparison — it's way further ahead than last year ... The receivers are doing a really good job running routes, catching balls, Jack's more confident, the pass-pro is outstanding."

Steve Sumarah, Huskies head coach on his club's passing

If the Huskies can keep pace, it looks like their Oct. 23 showdown with the X-Men could decide who finishes first. The X-Men beat the Huskies 24-19 on opening day.

"It looks like X is going to win out," Sumarah said. "We at least have to give ourselves an opportunity to play them for first."

The Huskies return to action on Saturday at 7 p.m. against the Mounties again in Sackville, N.B.

SCOREBOARD

QMJHL										
ATLANTIC DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Saint John	10	6	3	1	0	39	40	13		
P.E.I.	10	5	3	0	2	33	32	12		
Moncton	8	5	2	0	1	24	21	11		
Cape Breton	8	4	2	1	1	30	31	10		
Acadie-Bathurst	9	4	3	1	1	22	21	10		
HALIFAX	9	1	8	0	0	25	40	2		

CENTRAL DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Drummondville	9	7	1	0	1	37	17	15		
Victoriaville	10	6	3	0	1	32	30	13		
Lewiston	8	6	2	0	0	32	20	12		
Shawinigan	7	4	2	0	1	24	32	9		

EAST DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Quebec	10	6	2	1	1	43	34	14		
Rimouski	9	2	4	3	0	27	43	7		
Chicoutimi	9	2	4	0	3	23	41	7		
Baie-Comeau	9	2	6	1	0	19	36	5		

WEST DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Gatineau	9	7	2	0	0	38	17	14		
Rouyn-Noranda	10	6	3	1	0	39	29	13		
Montreal	9	6	3	0	0	38	29	12		
Val-d'Or	11	3	7	1	0	40	52	7		

Note: Two points for a win; one for an overtime or shootout loss.

SUNDAY RESULTS										
Cape Breton 5 Rimouski 4 (OT)										
Gatineau 3 Drummondville 2										
Lewiston 5 Quebec 2										
Montreal 3 Baie-Comeau 0										
Rouyn-Noranda 4 HALIFAX 2										
Saint John 5 Victoriaville 3										

MONDAY GAMES
No Games Scheduled.

AUS FOOTBALL										
ATLANTIC CONFERENCE										
	GP	W	L	T	PF	PA	Pt			
St. F. Xavier	4	4	0	0	130	64	8			
Saint Mary's	4	3	1	0	130	75	6			
Acadia	4	1	3	0	88	147	2			
Mt. Allison	4	0	4	0	81	181	0			

WEEK 6 SUNDAY
Montreal 28 Laval 7

WEEK 7 THURSDAY
York at Western Ontario
Toronto at McMaster

Lead the way with Responsible Gambling

Responsible Gambling Conference 2009: World Renowned Experts Speak to Industry

JULIE WHITEHEAD
for Nova Scotia Gaming Corp.

The Nova Scotia Gaming Corporation (NSGC) will hold its fifth annual Responsible Gambling Conference on October 5 and 6, 2009 in Halifax, Nova Scotia.

As an industry leader, NSGC works to create a platform that allows people to come together and learn about responsible gambling and social responsibility.

The two-day Conference, part of NSGC's Responsible Gambling Awareness Week, is an opportunity for members of the gaming industry, researchers, educators, prevention specialists, and other interested individuals to unite for two days of shared learning. Although this Conference attracts over 250 people worldwide, it is a great opportunity for Eastern Canadians because NSGC's Responsible Gambling Conference is the only gambling focused conference east of Ontario.



Marie Mullally, President and CEO opening NSGC's Responsible Gambling Conference 2008

27 world-renowned experts discuss the latest responsible gambling initiatives.

The Conference will include innovative presentation formats, discussion about the prevention of problem gambling and the latest trends and challenges in responsible gambling and corporate social responsibility.

This year, 27 world-renowned experts will discuss topics such as: Engaging

Parents in Addressing Youth Gambling, Informed Player Choice: The Nova Scotian Approach to Responsible Gambling, The I-Gaming Conundrum, and Responsible Gambling Training: Is Culture the Missing Link?

"NSGC's Responsible Gambling Conference provides a great opportunity

to hear about and discuss the latest innovative responsible gambling initiatives and research, not only from North America but from around the world," stated a 2008 delegate from the United Kingdom. "I don't believe that there is another North American conference quite like it. It's a good opportunity to get up-to-date, and the informal atmosphere means you can meet a lot of interesting people."

Stepping Up Through Support4Sport

LAURA KILEY
for Nova Scotia Gaming Corp.

COMMUNITY If you have purchased a *Support4Sport* lottery ticket, then you have helped create opportunities for athletes across Nova Scotia. That's because the Nova Scotia Gaming Corporation (NSGC) dedicates 100 per cent of the profit from the sale of *Support4Sport* products to amateur sport. It's all part of its commitment to helping make Nova Scotia an even better place to work, live and raise a family.

Since 2006, \$6 million has been raised, providing much needed funding to 319 athletes, 82 coaches and officials, and 222 community programs that reach over 120,000 Nova Scotians.

President and CEO of NSGC. "*Support4Sport* is about giving more Nova Scotians an opportunity to actively participate in sport."

"One of the main barriers to sport participation has been, and continues to

helping to develop diverse sporting opportunities at both the elite and grassroots levels."

Support4Sport funding creates opportunities for everyone from five-year-olds who want to play soccer to 19-year-olds who want to compete in Olympic paddling.

"We are really proud to offer the *Support4Sport* Program as part of our wider community support efforts," Mullally says. "We believe that good corporate citizenship starts in the community."

"We believe that good corporate citizenship starts in the community."

— Marie Mullally, President and CEO of NSGC

"Investing in sports is investing in a healthier, stronger future for Nova Scotia," says Marie Mullally,

be, cost," says Jamie Ferguson, CEO of Sport Nova Scotia. "The funding provided by NSGC is

Leading the Way in Responsible Gambling

PRIDE Through the Nova Scotia Gaming Corporation's (NSGC) steadfast commitment to finding and delivering innovative and effective programs, they have become a recognized world leader in responsible gambling.

Since 2004, NSGC has been heavily involved in supporting and/or delivering a variety of prevention and awareness programs throughout Nova Scotia. This portfolio contains a broad list of programs including everything from social marketing campaigns to sponsored youth programs and traveling mall displays. Since October 2004, NSGC's responsible gambling and prevention programs have directly reached close to 90,000 Nova Scotians and have included the distribution of 889,000 pieces of information.

On April 1, 2009, NSGC was formally awarded a Level Four certification by the World Lottery Association for operating at the highest level of social responsibility standards. Nova Scotia is one of the first gaming jurisdictions in the world to be certified at this level.

This formal recognition from a well respected and credible global association is something Nova Scotians can be proud of. NSGC is focused on having the most socially responsible gambling industry in the world while running a safe and regulated industry that operates in the best interests of all Nova Scotians.

In 2008-09, NSGC spent more than \$7.5 million on responsible gambling and prevention programs, the highest amount per capita in Canada.

These funds allowed responsible gambling messages to reach more than 41,000 Nova Scotians in that year. Most impressive is the difference these programs are making. At 0.9 per cent, Nova Scotia has one of the lowest problem-gambling rates in Canada and efforts continue to make that number even smaller.

The Level Four status is not the final milestone for NSGC but a reason to continue to generate new responsible gambling initiatives and to continue to ensure that Nova Scotia has the best run, most responsible gambling industry in the country.

Tips for Gambling Responsibly

If you choose to gamble, the Nova Scotia Gaming Corporation wants you to make informed decisions about your play.

If you gamble...

- Set a budget before you start to play, and stop once you've reached it.
- Set a time limit that allows you to meet your other commitments.
- Only use your own money and what you can afford to spend.
- Only spend money budgeted for entertainment.
- Play for entertainment. Spend time on other things.

Responsible Gambling Awareness Week OCTOBER 4th - OCTOBER 10th

NSGC Reaches Out to Help Parents Keep Their Children Safe

JULIE WHITEHEAD
for Nova Scotia Gaming Corp.

Alarming, research from the 2006 Comprehensive Gambling Study shows that Nova Scotia youth are gambling online three times more than adults.

It is estimated that there are more than 2,500 casino-style Internet gambling sites in the world. In 2008, Internet gaming companies made \$3 billion in profit, and online gambling revenues are expected to climb to \$24 billion by 2010.

BetStopper is customized content-blocking software designed to help parents.

Since many of these sites are unregulated, they are not always well-controlled in terms of access and age restrictions, with no enforced standards for security and responsible gambling. In light of this staggering research, the Nova Scotia Gaming Corporation (NSGC) released a world-first prevention program called *BetStopper*.

BetStopper is customized content-blocking software designed specifically to help parents prevent their children from accessing gambling sites and content on the Internet. It is unique in that it focuses exclusively on blocking underage youth from gambling – no other software in the world has this characteristic.

BetStopper offers many unique features including the ability to create ten unique user accounts which allow you to enable blocking features for users who are underage, and disable it for

even if the computer is in another household.

NSGC has been working on the creation of *BetStopper* since 2007 when it was tested by 250 Nova Scotia families. Results from the pilot test showed that 92% of parents thought *BetStopper* was an effective youth gambling prevention tool, 99% thought it was important

that NSGC make the software available to Nova Scotian families, and 85% thought *BetStopper* helped prevent their children from developing learned gambling behaviours on the Internet.

To learn more about how you can download your FREE software, visit www.nsgc.ca.

You'll never know everything your kids are doing online. But you can know what they're not doing.

Block your kids' access to online gambling.

Visit nsgc.ca to download your free software.

BETSTOPPER | NOVA SCOTIA GAMING CORPORATION

Visit us online at www.nsgc.ca

- To learn more about responsible gambling
- To download your free *BetStopper* software

YouthPrevention

The Nova Scotia Gaming Corporation (NSGC) is focused on preventing a next generation of problem gamblers by supporting and/or delivering youth focused programs, including:

Know The Score

An interactive awareness program that visits post-secondary campuses throughout the province to talk to young adults about the risks associated with gambling. This program is developed by the Responsible Gambling Council of Canada and supported by NSGC. Since 2004, Know the Score has reached close to 30,000 students. The program is scheduled to visit 13 campuses this fall.

High School Dramas

Created by the Responsible Gambling Council of Canada and supported by NSGC, these interactive plays have reached over 14,000 high school children in Nova Scotia. They raise the awareness of risks that can be associated with gambling and also teach students responsible gambling behaviour. This fall, R U UP? will visit more than 21 schools in the Province.

The Youth Gambling Awareness Program

Delivered by the YMCA throughout Halifax and Sydney, this Program delivers prevention, education and informed decision making skills to youth aged 8 to 24 in schools and community organizations. As of May 2009, this Program has been delivered to almost 3,800 individuals.

Facts at a Glance

- 100% of profits from regulated gaming are re-invested in programs and initiatives that are important to Nova Scotians
- \$153 million was provided to the Province of Nova Scotia in 2008-09
- \$7.5 million was invested in responsible gambling education, prevention and problem gambling last year
- \$6 million was raised through the Nova Scotia Gaming Corporation's *Support4Sport* Program since 2006, providing much-needed funding to amateur sport across Nova Scotia
- 87% of Nova Scotians gamble each year
- 0.9% of Nova Scotians experience a problem with gambling

Where the Money Goes

INVEST In 2008-09, the Nova Scotia Gaming Corporation (NSGC) invested more than \$7.5 million in responsible gambling and prevention programming – the highest reported provincial per capita amount – and reached more than 41,000 Nova Scotians through over a dozen prevention and education programs. NSGC provided approximately \$3 million to the Department of Health Promotion and Protection for prevention,

education and help for the 0.9% of Nova Scotians who are problem gamblers. In addition, \$700,000 from gaming revenues were provided to the Nova Scotia Gaming Foundation.

Research shows that these prevention and education efforts are having a positive impact. According to the 2007 Nova Scotia Gambling Prevalence Study, the number of Nova Scotians who are at low risk of developing a problem has dropped by 25%.



Minnesota's Joe Mauer all but locked up his third American League batting title in four seasons, and Hanley Ramirez became the first Florida Marlins player to win a National League batting crown yesterday. While Minnesota meets Detroit tomorrow, Mauer would have to go 0-for-18 or worse to drop behind Seattle's Ichiro Suzuki. **THE ASSOCIATED PRESS**

Impact, Whitecaps in all-Canadian final

SOCCER Peter Byers and Eduardo Sebrango scored as the Montreal Impact advanced to the United Soccer Leagues First Division final with a 2-1 win over the third-seeded Puerto Rico Islanders yesterday in the second leg of their semifinal series.

The fifth-seeded Impact also won the first leg on the series 2-1 in Montreal on Tuesday, giving them a 4-2 aggregate win overall.

"We have won here thanks to our character and passion," said Impact head coach Marc Dos Santos. "We were ready to suffer in Puerto Rico. We played like a team who continuously fought to win the match."

Montreal will face defending champion Vancouver in the two-game final. The Whitecaps beat the Portland Timbers 5-4 on aggregate goals in the other semifinal.

THE CANADIAN PRESS

Dismal season over

New Jays GM Anthopoulos facing daunting challenges

The Toronto Blue Jays put a dismal and tumultuous 2009 season to bed yesterday insisting that their simmering unrest is no longer boiling over and brighter days are ahead.

Bob Marley's *Is This Love* blared in the clubhouse, perhaps ironically, before a 5-4 loss in 11 innings to the Baltimore Orioles that left them with a 75-87 mark this year, while Cito Gaston again suggested a conspiracy from outside the organization was behind Friday's shocking revelations of player frustration with his approach.

As every corner of the franchise worked to paper over the differences Saturday, catcher Rod Barajas reaffirmed before the fi-



nale what several of his teammates admitted publicly Friday, that "there were various small issues. Just various issues that us as players felt we needed to get off our chests."

That was done Saturday in a meeting between a small group of players and interim CEO Paul Beeston, who later addressed the entire team along with Rogers Media head Tony Viner and new GM Alex Anthopoulos, promoted to replace the fired J.P. Ricciardi.

Asked if the issues could have been addressed earlier, Barajas replied: "Yeah, they could have, absolutely. They could have been. They weren't."

It will now be up to Anthopoulos, a 32-year-old

from Montreal who had been an assistant GM with the team, to decide whether or not a disconnect exists between Gaston and players, some of whom said privately there are problems with his approach, negativity and in-game management.

"Unfortunately you had to go through something that someone else planted here, I don't think it came from my players," said Gaston, who denies being negative. "The person who did that, it will come back to get him some kind of way. We might never find out who did it, but it will come back to get him."

"But right now, I feel a lot better that my players had nothing to do with it."

Anthopoulos faces a daunting task, needing to sort through that mess, settle another set of problems with the coaching staff, and help shape a bigger-picture direction for the future.

THE CANADIAN PRESS



New England linebackers Pierre Woods, left, and Adalius Thomas bump bodies after the Patriots stopped the Baltimore Ravens on a fourth down yesterday during New England's 27-21 win.

Pats hold off Ravens to win

NFL Tom Brady and Randy Moss hooked up for their first touchdown pass of the season and the Baltimore Ravens failed on fourth-down plays on their last two series as the New England Patriots held on for a 27-21 win yesterday.

Moss' touchdown made it 24-14 late in the third quarter, but Joe Flacco's 13-yard pass to Willis McGahee cut that to 24-21. Stephen Gostkowski's 33-yard field goal gave the Patriots (3-1) a six-point lead midway through the fourth quarter.

On the next possession, with a fourth-and-one at the Ravens 45-yard line, McGahee was stopped for no gain.

The Ravens (3-1) got the ball back after a punt and moved to a fourth-and-four

at the 14. Flacco then threw to Mark Clayton, who dropped the ball with 28 seconds remaining.

Elsewhere in the NFL it was: Cincinnati 23 Cleveland 20 (OT), Jacksonville 37 Tennessee 17; Indianapolis 34 Seattle 17; N.Y. Giants 27 Kansas 16; Chicago 48 Detroit 24; Washington 16 Tampa Bay 13; Houston 29 Oakland 6; New Orleans 24 N.Y. Jets 10; Denver 17 Dallas 10; San Francisco 35 St. Louis 0; and Miami 38 Buffalo 10.

At Foxborough, Mass., Ravens left tackle Jared Gaither was taken off the field on a stretcher midway through the second quarter when he blocked right defensive end Jarvis Green, who pushed him into Flacco.

THE CANADIAN PRESS

Sports in brief

GOLF Lorena Ochoa successfully defended her Navistar LPGA Classic title, overcoming early troubles to shoot a 2-under 70 yesterday for a four-stroke victory over Michelle Wie and Brittany Lang.

SOCCER The USL-1 league final matchup is set, and it will feature two Canadian teams. Both the Vancouver Whitecaps and the Montreal Impact qualified for the final yesterday by winning their two-leg semifinal matches. Vancouver beat the Portland Timbers 5-4 on aggregate, and the Montreal Impact de-

feated the Puerto Rico Islanders 4-2 on aggregate. **UFC** Canadian lightweight Sam (Hands of Stone) Stout (15-5-1 including 3-4 in the UFC) will meet Joe Lauzon (17-4 including 5-1 in the UFC) at UFC 108 on Jan. 2 in Las Vegas. Lauzon confirmed the fight yesterday via Twitter and Facebook.

METRO NEWS SERVICES

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The Boss goes back to the ballpark

Yankees owner George Steinbrenner visited with his team for about an hour in the clubhouse before yesterday's regular-season finale against Tampa Bay. The 79-year old Steinbrenner said he is "excited" about the playoffs, which will start later this week for the AL East champions. **THE ASSOCIATED PRESS**

sports **15**

Enter the CIS

MLS must expand its player pool

It's Called Football



metronews.ca/itscalledfootball

No matter how you slice it, MLS has always been a league designed to help Americans win.

I'm not talking about some kind of unfair advantage that sees big market clubs with easier schedules or such — I'm talking about the rules against allowing Canadian university soccer players into the MLS draft.

As it stands now, no team can draft a CIS player through the MLS Super-Draft — the only eligible players compete in the NCAA.

It's not from lack of quality; it stems from the fact that MLS was created as an American domestic league with the express purpose of improving the U.S. men's national team. It's a league that, up until a few years ago, had very little stake in doing anything else.

But now, with one Canadian team in and two more likely on the way for 2011, it's time the league took a look at amending that rule because, despite what the U.S. nationalists will tell you, it's in the league's best interest to do so.

For now, set aside the labour-law issues that would arise and look at the growth that MLS will experience over the next three years: 16 teams today; 18 teams by 2011; and likely 20 teams by 2012.

On the 24-player rosters, an American team must carry at least 12 U.S.-born players. On the Canadian squads it's slightly less — 13 North American players, seven of which must be Canadian.

That works out to 50 more domestic-player spots in the league by 2012. It may not seem like a lot, but 50 more first-team players — talented and willing to play at that salary level — will not be easy to come by.

To prepare, the league has started loosening its rules on signing academy players. But, with the rapid growth and most team academies still in their in-

"Over the last decade no system of scouting and player development has grown as quickly as CIS soccer."

fancy, it will not be enough to fill those slots.

It needs to find another source of domestic players; preferably one that already has a system of development built in.

Enter the CIS. Over the last decade no system of scouting and player development has grown as quickly as CIS soccer. Trinity Western, Montreal and York Universities spring to mind as the best examples. They churn out some of the highest-level talent in the country and if direct access to MLS were available, there is no doubt CIS players would be playing there today.

For what is now clearly a North American league, it's time for it to start exploring other options.

If it doesn't, the MLS talent pool, which has been described as shallow at the best of times, will all but run dry by 2012.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

Chelsea sits atop EPL table after latest win



Chelsea's Florent Malouda, right, flies through the air yesterday after a challenge by Liverpool's Javier Mascherano.

SOCCER Chelsea charged to the top of the Premier League with a 2-0 victory over Liverpool yesterday while Arsenal twice fell behind before crushing Blackburn 6-2.

After champion Manchester United had been held 2-2 at home by Sunderland on Saturday, Chelsea took full advantage by beating another title rival at Stamford Bridge with Nicolas Anelka and Florent Malouda scoring second half goals.

"It was important for us to beat Liverpool as they are a direct opponent for the title," said Chelsea striker Didier Drogba. "It was a difficult game as always, but a good one for us. You have to win at home and it is great to get the three points. We are really delighted."

The win gave Chelsea its seventh victory in eight games and made up for last weekend's surprise 3-1 loss at Wigan.

THE ASSOCIATED PRESS

Sports in brief

GOLF Tim Thelen shattered the Callaway Golf PGA Assistant Championship scoring record yesterday, shooting a 4-under 68 to finish at 23-under 265 — seven strokes ahead of second-place Sean Dougherty. Thelen, the 48-year-old PGA assistant professional at The Falls Golf & Country Club in New Ulm, Texas, opened with rounds of 66, 65 and 66 on the PGA Golf Club's Wanamaker Course. He broke the tournament record of 270 set by Kyle Flintin in 2003.

OLYMPICS The International Olympic Committee is setting up a new system to watch for

corrupt betting practices linked to Olympic competitions and it will be in place for the 2010 Vancouver winter games. The monitoring program is part of broadening efforts in sports to tackle the menace of corrupt and irregular betting and match-fixing.

NBA The NBA Board of Governors approved the further expansion of instant replay for the upcoming season. Referees will now be able to use replay at any point during the game to determine if a shot attempt or foul occurred prior to a 24-second shot clock violation.

METRO NEWS SERVICES

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Most of bird taxidermist Richard Davis's final pieces get mounted on a simple piece of driftwood. But some higher-end orders call for a glass box and scenery around it. These are his favourite projects, and he creates things like twigs and grass using fibreglass resin. **DIANE PETERS/FOR METRO CANADA**

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA



UBC = \$10,000,000,000?

According to a new report from the University of British Columbia, the institution had a \$10-billion impact on the B.C. economy in 2008-09. The study found that half of the university's contributions to the provincial economy come from salaries and construction (\$1.9 billion), visitor and student spending (\$618 million), and a global UBC-educated workforce (\$2.6 billion). **METRO NEWS SERVICES**

Gain eternal life, only after death

OddJobs

Diane Peters

Metronews.ca/oddjobs

Some say we're all artists in our own way. But Richard Davis was an artist who sold cars and helped run a dealership for 20 years.

As a child and teen, he

loved to paint and draw. His parents just recently painted over the mural he created on his old bedroom wall.

But Davis had always worked for his dad at his car dealership in Tillsonburg, Ont., so he began full time when he finished high school.

Davis was good at his job. He was a top salesman and, thanks partially to two university-level management programs he took in his 20s, helped the business weather some tough times.

Then, 17 years ago, he went to a taxidermist's shop to have a fish mounted. He began tinkering with the tools, and somehow knew instinctively what to do. So, he started learning the job.

Eventually, Davis's freelance work started paying enough for him to quit his job — luckily his house was paid off and his wife had a full-time job.

To avoid competing with the taxidermist who had taught him, Davis just worked with birds.

His basement workspace is very simple: It's unfinished except for fluorescent lights over his workbench. Davis used to keep live birds so he could observe them as he created. Now, he surrounds himself with bird books and tacked up pictures of winged creatures. "Your brain absorbs information without you realizing it."

Davis starts each project by making an incision along the belly of a dead bird — most clients are



Stuffing and mounting birds, like this eagle, is Richard Davis's new passion as a taxidermist.

The Lowdown

Job title: Bird taxidermist

Salary: \$325 and up per mounted bird

Education/training: Most are self-taught, it's offered as a university program in the U.S. only

Best Part of the Job: "Art for me is not work."

Worst Part of the Job: "I work alone. There's no water cooler sessions, it's you and a dead animal."



birds he finds dead in the

woods

hunters but he'll also mount or along the road — and pulls the skin and feathers off in one piece.

Usually, the bird has been frozen soon after death and there's little smell.

He puts the pelt through two hand washes and then gives it a soak in naphtha fuel (which is used in lanterns) to remove the grease — otherwise the bird will be an eternal dust collector.

Davis rarely uses real bones and skulls in his final work. Skulls in partic-

ular can shrink over time. So he's got his own collection of custom-make skeletons in plastic and foam core.

He chooses the right size and shape for the bird he's working on, builds it up, then puts the pelt on. Then it's just a matter of sewing it all together.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

Look to form over function for your resumé

When it comes to crafting the perfect resumé, a "top-down" approach is still employers' favourite, a recent survey confirms.

The Accountemps survey and conducted by an independent research firm.

Senior executives were asked, "Do you prefer to receive a resumé written in a chronological format that is organized by dates of employment, or one in a functional format that is organized by skills?"

THEIR RESPONSES:

- Chronological, 75 per cent

Career change?

- Highlight your accomplishments and skills that would best transfer to the new industry. Make sure to enlist the help of your network of friends, former colleagues and mentors who can recommend you for job openings in the field.

"It is often better to address a career challenge directly than try to write around it."

Accountemps Chairman Max Messmer

- Functional, 17 per cent
- No preference, eight per cent

"Chronological resumé allow job seekers to present their career progression to prospective employers in a straightforward, easy-to-follow way," said Max Messmer, chairman of Accountemps. "Functional resumé, which emphasize skill sets rather than jobs held, are popular among professionals in career transition or who have had lengthy gaps in employment, but they are not a favourite of employers. It is often better to address a career challenge directly than try to write around it."

Messmer added, "Whichever format a job hopeful chooses, informa-

tion contained in the resumé needs to be clear and provide a compelling story about his or her work experience and abilities."

SOME ADVICE:

- Employment gaps: Offer a brief explanation of employment gaps in your cover letter. In this economic environment, hiring managers understand people could be out of work through no fault of their own.
- Limited work history: Bolster your work experience through internships, part-time work or temporary assignments ob-

tained through a reputable staffing firm. Don't forget to include relevant volunteer activities in the work experience section of your resumé.

- Appearing overqualified: Provide a summary of pertinent skills and strengths at the top of your resumé, in addition to a chronological listing of your work experience. Emphasize and quantify how you've contributed to bottom-line success in previous jobs and how that experience would apply to a prospective employer's needs. **METRO NEWS SERVICES**

When working on your resumé, avoid functional resumé and stick with chronological ones.



What people will say to coworkers

INTERESTING Here's what your co-workers would tell you in an embarrassing situation, according to a CareerBuilder survey:

- Zipper is undone:
 - Same level co-worker 67 per cent;
 - Lower level co-worker 62 per cent;
 - Higher level co-worker 50 per cent.
- Something in your nose:
 - Same level co-worker 51 per cent;
 - Lower level co-worker 46 per cent;
 - Higher level co-worker 33 per cent.
- Food on face or in teeth:
 - Same level co-worker 66 per cent;
 - Lower level co-worker 60 per cent;
 - Higher level co-worker 49 per cent.
- Your hair is messy:
 - Same level co-worker 33 per cent;
 - Lower level co-worker 30 per cent;
 - Higher level co-worker 13 per cent.

METRO NEWS SERVICES

RIM, NSERC award Queen's \$5M

BlackBerry maker Research in Motion and the Natural Sciences and Engineering Research Council of Canada have made a \$5 million investment in a new Industrial Research Chair in Software Engineering of Ultra Large Scale Systems at Queen's University in Kingston, Ont. **METRO NEWS SERVICES**

Time to rethink MBAs?

Canadian schools confident in their programs, despite market slump

RAFAEL BRUSILOV
for Metro Canada



While the recent market meltdown has seen many experts calling for a re-evaluation of MBA education, several top Canadian MBA schools insist that human greed, not management instruction, is to blame.

With so many highly educated, MBA-wielding corporate leaders now mired in shame and guilt for their role in causing the market collapse, some powerhouse U.S. schools like Harvard and Stanford have quietly been talking

"If anyone's bent on fraud, they're going to find a way. What we can do is teach students ethical decision-making models to give them the tools to make the right decisions."

Richard Powers, associate dean at U of T's Rotman School of Management

riculum requirement for MBA students for the past five years and over all the school is not planning any major changes in curriculum.

Richard Powers, associate dean at Rotman, says that when it comes to training future leaders, schools like Rotman work hard to instill a sense of corporate responsibility upon



about re-examining their teaching practices.

Canadian schools however remain adamant in their own curricula, propped up by Canada's relatively soft landing in the recent plunge.

At the Rotman School of Management at the University of Toronto, a dedicated course in Ethics has been a mandatory cur-

riculum requirement for MBA students for the past five years and over all the school is not planning any major changes in curriculum.

can only lead a horse to water — they can't force it to drink. "I don't think there's anything we can do that's going to stop some of these activities. If anyone's bent on fraud, they're going to find a way.

"What we can do is teach students ethical de-

Powers said.

Don Melville, director of MBA and Masters programs at the Desautels Faculty of Management at McGill University in Montreal, also feels MBA educations aren't to blame for the human weaknesses that caused the crash.



something more than that," Melville said.

Melville also points out that many of the shamed leaders blamed for the current crisis graduated from their MBAs decades ago, long before the modern wave of tightened outlooks on ethics and sustainability.

Wendy Ma, assistant dean and director of the MBA programs at the Sauder School of Business at the University of British Columbia, says the school has always been focussed on corporate responsibility and recent events have just added more ammunition to instructors' teaching agenda.

"It's like a bomb was dropped and a lot of people are saying 'Let's make sure this never happens again,'" Ma said.

He believes Desautels' MBA program, which includes small classes and a focus on reflective discussion, is designed to give students a strong sense of duty.

"I don't think (the market crash) was an MBA issue, I feel it was a human issue. Some students are going to be in it for the money — our goal here is to teach that there's

decision-making models to give them the tools to make the right decisions,"

Workology in brief

UR GUARANTEE The University of Regina has launched a new program called UR Guarantee, designed to secure all student who complete the program requirements a job in their field within six months of graduating. Students who complete the UR Guarantee program but don't find work within six months of graduating, can then take another 30 undergraduate credit hours during the following year and the University of Regina will cover the cost of tuition.

GLASS CEILING IS STILL THERE According to a survey conducted by Research firm Catalyst, in 2009 the majority of women in business in Canada continue to make up labour force, not the top executive jobs. While 46.9 per cent of businesswomen make up the labour force, just 5.6 per cent of hold jobs as top business earners and only 13 per cent of women hold positions as board directors, indicating that there is still a glass ceiling when it comes to women's advancements.

MORE WOMEN IN THE LABOUR FORCE A recently released Statistics Canada survey found that women outnumber men in the Canadian labour force. According to the survey, in the first half of 2009, there were 7.1 million women paid in employment, compared to just 6.9 million men. However, the study did not include self-employed Canadians or those who are actively seeking work. Although women are getting more work, it's at a much lower rate than men; about 71 cents to the dollar. The sector that women predominate is the service sector, which includes health care.

—HEATHER BUCHAN



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Jargon training for the workplace

Hiring tops priorities after the recession

EMPLOYMENT A recent survey suggests hiring new workers will be the top priority for many employers as the economy improves. When asked where they most likely will boost spending when the recovery occurs, nearly one in three senior executives (31 per cent) said he or she plans to hire additional staff. Twenty-one per cent of respondents plan to give their teams raises.

The Robert Half Finance & Accounting survey was conducted by an independent research firm.

"Improving business conditions will result in demand for skilled professionals to assist with initiatives that were placed on hold during the recession," said Max Messmer, chairman and CEO of Robert Half International. "Companies that made deep personnel cuts will need to rebuild their teams to capitalize on future opportunities."

Messmer pointed out that employers also should invest in their existing workforce to reduce the chance of losing top performers. "Managers need to reward those team members who shouldered the burden during tough times," he said. "If financial incentives are not an option, firms should look for other ways to recognize staff, such as providing flexible work schedules or granting additional vacation days."

METRO NEWS SERVICES

Outlook good for advertising and marketing

MORE EMPLOYMENT The light at the end of the tunnel may be growing closer for the creative industry. One-third (34 per cent) of advertising and marketing executives polled recently by The Creative Group said they plan to hire in the next 12 months. Another 55 per cent expect to maintain their current staffing levels. Among firms that plan to hire, 52 per cent said they would be recruiting in the area of web design or production. Another 50 per cent plan to hire in the area of creative/art direction, and 48 per cent will be looking to bring in interactive and account services staff.

METRO NEWS SERVICES

Skilled Trades

JON TATTRE
for Metro Canada



Immigrants working in Canada may have a solid grasp of ordinary English, but find themselves baffled by workplace jargon. A pilot college program in Ontario aims to bridge this gap.

The Occupation-specific Language Training (OSLT) is being tested in six occupational areas in 13 colleges. It's the first of its kind in Canada, according to Sara Katz, a consultant with Colleges Ontario.

"It aims to fill the gap for people at the intermediate level that need more than general language training and really want to concentrate on occupation-specific language," Katz says.

"In the health-care sector, it would be a lot around how a nurse would interact with clients, or patients. In the



A new program aims to help people who don't have a firm grasp of the English language to function well in their chosen industry.

business sector, it would be about conducting yourself at meetings, how to make presentations, appropriate ways to leave voice mails and e-mail etiquette."

A trained nurse who doesn't know that "anuric" is a term for a patient who's not producing urine and might need dialysis will struggle to find work. OSLT will give him the required jargon.

Jan Carter, manager of immigrant education at

George Brown College, says it's also about making visible the invisible language Ontario workers take for granted.

"It's social, cultural and linguistics training," she explains. "It's designed for people who already have the skills, but what they don't have is experience working in (Canada)."

Someone whose only experience working in Canada was in an office might be taken aback by the saltier language of a construction site. Unprepared, they might take it as a far more serious issue

than it is intended to be.

"The skills are very specific to the sector. For construction in particular, it's how to work with coworkers and clients, supervisors and really understanding the differences between directions, approvals and making requests," she says.

"You could have somebody from a culture that is not used to swearing. For them the behaviour on a (Canadian) workplace — not all, but some — may be inappropriate, but at least if they can anticipate it, it ... gives them the in-

"It's designed for people who already have the skills, but what they don't have is experience working in (Canada)."

George Brown College's Jan Carter

formation they need to make an informed decision."

New workers might be confused by the language determining to whom they report. The courses will clear that up and also cover practical things like speaking on a two-way radio and borrowing tools.

The courses are free to permanent residents and protected persons who are working in or want to re-enter an occupation related to the covered skilled trades, or those who want to enter into a program to study a trade.

For more of the Skilled Trades exclusive series check Workology frequently or stop by: metronews.ca/work

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Big screen Friends

Rumours continue to fly over news that the cast of Friends is finally ready to take Central Perk to the big screen. The U.K.'s Daily Mail reported over the weekend that the movie was definitely a go. POPEATER.COM

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Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

**Spare prince**

Rupert Grint and Robert Pattinson have both been tipped to play Prince Harry in a movie about the British royal's life. Director Peter Kosminsky is set to begin casting for biopic *The Spare*. FEMALEFIRST.CO.UK

Will female fans forgive?

David Letterman should probably care what women think about him — and not just his wife.

His back to back scandals this year — a crude joke about Sarah Palin's daughter and revelations through an alleged blackmail attempt by a CBS producer that Letterman had sexual relationships with Late Show staff members — are likely to hit his reputation hardest with women.

There are still many unknowns following Letterman's startling admission last week: How many women were involved? Did the relationships end well? Did women feel pressured by the boss' advances, or were they happily consensual? Did any other staffers

feel the way to get ahead was through Letterman's bed? Are women who did not have intimate relations with Letterman upset that those who did may have gotten special treatment or career advances? Is anyone talking to lawyers?

All could determine whether Letterman is significantly damaged or if it's just a footnote to his career.

Certainly, it can't help when the New York Post blares on its front page: Dirty Dave's Harem.

"It's very interesting. Men and women think very differently about this story," NBC News anchor Ann Curry said. "The men I've talked to think, 'How could a person within your

own company kind of betray you like this?'"

But the reaction I'm hearing from women is completely on the other end. They're saying, 'How could you have

affairs, multiple affairs, with members of your own staff and how does that create a fair and equal working environment?'"

Many women who work in television, and probably most other industries, can recall feeling pressured to do something with a man she works for, said Curry's colleague, Kathie Lee Gifford.

"I'm not saying David did that, but the details are yet to be discovered,"

she said. "They might have been very willing partners who initiated it. We don't know, but the minute we hear stories like that we go, 'Uh-huh.'"

Letterman's prickly personality and sarcastic humor seem tailor-made for a young, male audience. But the facts tell a different story: His typical audience was 58 per cent female last season, with an average age of just under 55, according to the Nielsen Co.

In other words, he should care very much whether women are disgusted by his behaviour and reject his comedy as a result.

THE ASSOCIATED PRESS

David Letterman has admitted to having sex with some of his co-workers.

SNL pokes fun at Letterman

PEOPLE Add Saturday Night Live to the shows making sport of David Letterman's difficulties.

On SNL, Weekend Update anchor Seth Meyers dubbed the extortion attempt by a CBS News producer "a stupid human trick."

Meyers added the would-be blackmailer was threatening to reveal embarrassing details of Letterman's personal life, then gave a joking example: "After sex, he would always say, 'Stay tuned for Craig Ferguson.'"

Still to be heard from: Jon Stewart on The Daily Show and Stephen Colbert on The Colbert Report.

Both shows do not air Fridays, but are back with fresh episodes tonight.

THE ASSOCIATED PRESS

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HOLIDAYS

Maritime Travel



Lady Gaga is going on tour — without Kanye West, according to Billboard. Gaga broke the news hours after Gaga and West's Fame Kills Tour was cancelled late last week. **POPEATER.COM**



Katherine Jackson, Michael Jackson's mother, is the guardian of her son's children.

Jackson kids well adjusted: Judge

Michael Jackson's three children seem to be adjusting well to being raised by their grandmother, a judge said.

Los Angeles Superior Court Judge Mitchell Beckloff said Friday he was "very pleased" with the contents of a probate investigator's report detailing how the children are adjusting roughly three months after their father's death.

"It looks like the children are really doing wonderfully with their grandmother guardian," Beckloff said in brief comments on the report during a hearing Friday.

Prince Michael, 12, Paris, 11, and Prince II, 7, have been in Katherine Jackson's care since their father died in late June. Beckloff appointed Katherine Jackson as the children's permanent guardian in August and asked for an update on their conditions.

In his 2002 will, Michael Jackson designated his mother as his choice to care for his children if he died.

Beckloff sealed the report on the children and said he sees no need to get future updates.

Beckloff also increased the powers of two men currently administering Michael Jackson's estate, a move made in part because of the singer's substantial debts.

Beckloff gave attorney John Branca and music executive John McClain general powers over Jackson's estate, which allow them to consider creditors' claims. They can also enter into business deals that aren't opposed by Katherine Jackson without Beckloff's approval, and they can begin to represent the estate in several court cases pending against the singer when he died. **THE ASSOCIATED PRESS**

A 'life-changing' trip

Disney actress visits Africa as UNICEF ambassador

She's a Disney teen queen, a TV wizard, and a fledgling rock singer.

But 17-year-old Selena Gomez says what really blew her mind recently was a trip to the African nation of Ghana.

"I got to meet teens, I got to meet children, I got to meet families," Gomez said in an interview about the trip, which she took last month with her mother and stepfather in her role as UNICEF's youngest-ever ambassador.

"It was completely life-changing and eye-opening, and when we came back we definitely had nothing to complain about."

This is Gomez's second year as spokesperson for the Trick-or-Treat for UNICEF program, which the organization says is one of the longest-running youth volunteer movements in America.

Last year, Gomez raised some \$700,000 for the campaign; this year she hopes to bring in \$1 million.

Many kids who watch Gomez play Alex Russo on the Disney Channel's *Wizards of Waverly Place*

"I feel very honoured to have a voice that kids listen to and take into consideration."

Selena Gomez, singer/actress

know little about Africa or the issues facing it, Gomez noted.

"That's why I feel very honoured to have a voice that kids listen to and take into consideration," she said.

"I had people on my tour asking me where IS Ghana, and they Googled it ... and because I went there, they now know where Ghana is. So it's pretty incredible."

It's a busy time for Gomez, whose series re-

turns for a third season on Oct. 9, and who just this week released her debut album, *Kiss & Tell*, with her band, The Scene.

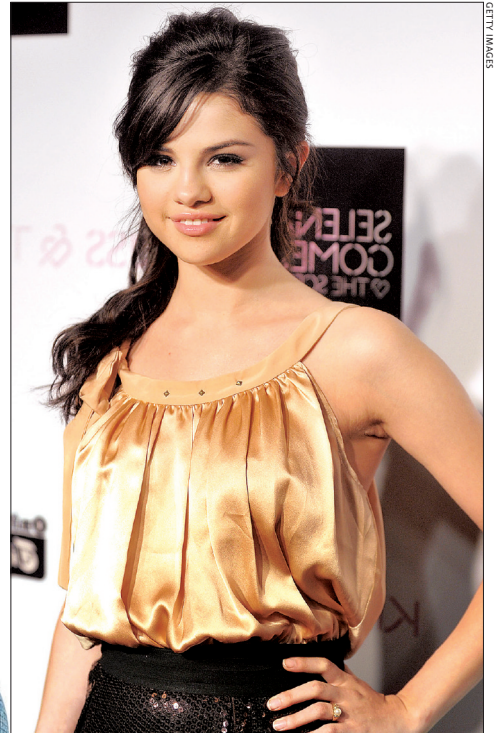
"I can't believe I have a CD!" she said. But she added: "Acting will always be my number one. I just love acting so much. Music is more of a personal thing I like to do."

Gomez's success at Disney has led to inevitable comparisons with another teen sensation, Miley



Cyrus.

But Gomez says emphatically she's "not here to be



Selena Gomez, the 17-year-old who plays Alex Russo on the Disney Channel's *Wizards of Waverly Place*, is UNICEF's youngest-ever ambassador. She recently visited Ghana in this role.

the next anyone." "I'm not here to replace anyone," she says. "I'm here doing my own

thing. I'm proud to be a part of the Disney Channel family and I'm taking it day by day."

THE ASSOCIATED PRESS

A witty, wine-soaked debut



Corked

Author: Kathryn Borel Jr.

Publisher: John Wiley & Sons Canada

Price: \$29.95 (Hardcover)

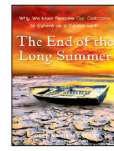


Baking Cakes in Kigali

Authors: Gaile Parkin

Publisher: McClelland & Stewart

Price: \$28.99 (Hardcover)



The End of the Long Summer

Author: Dianne Dumanoski

Publisher: Crown

Price: \$29.95 (Hardcover)

BookPicks

In this witty, wine-soaked debut memoir by Toronto author Kathryn Borel Jr., father and daughter connect through a passion one is obsessed with and the other knows nothing about.

Philippe Borel has tried to share his vinous vigor with daughter Kathryn, but his efforts have been lost on her. That's until an accidental death brings Kathryn to the realization ignorance of wine equates ignorance of her dad.

Communicated through Borel Jr.'s brazenly honest voice, *Corked* follows the duo as they embark on a rigorous wine tour through France, as frustrating as it is fulfilling, to discover wine, life and each other.

For Angel Tungaraza, cake is more than just a sweet concoction of flour, sugar and icing; it's an opportunity for her to help others and learn about herself.

When she leaves Tanzania for Rwanda with her husband Pius and their five orphaned grandchildren, Angel sets up shop as a cake baker, with no short supply of customers who want her tailored treats. Using 14 different cakes, *Baking Cakes in Kigali* introduces us to the characters behind each one, who use Angel as baker, matchmaker and counselor while helping her find her own solace.

Environmental journalist Dianne Dumanoski uses *The End of the Long Summer* to explain how, despite green movements and efforts to abate climate change, humans are unprepared to cope with significant environmental changes on planet Earth.

Old social values perpetuated by government — including the pursuit of economic growth — must be adapted, she argues, if we have any shot at surviving global-scale climactic shifts. Using records of history and science, Dumanoski explores how we arrived at this juncture in human history and theorizes what people must do to weather the impending storm.

**BRIAN COULTON/
FOR METRO CANADA**

MetroGlobalPhotoChallenge



Photogatto Orange Harbour

Polanski agreed to deal: Records

SETTLEMENT Court records show Roman Polanski agreed to pay his sexual assault victim \$500,000 to settle a lawsuit 15 years after he fled the United States.

The film director's attorney reached the deal in 1993. Records do not indicate if Polanski paid.

The last court filing shows the payment increased to \$604,000 in 1996 because of interest.

Polanski's attorney in the case — David Finkle — declined to comment Friday. Polanski pleaded guilty to unlawful sexual

intercourse with a 13-year-old girl. He fled in 1978 before he was sentenced and is Roman Polanski being held in Switzerland after his arrest there last week-end on a fugitive warrant. The victim and her family have not returned calls seeking comment.

THE ASSOCIATED PRESS

Milian pregnant

Amid much speculation, Christina Milian now confirms that she is going to have a baby. "My husband and I are expecting," she said. "We're about four and a half months along, about 19 weeks." **PEOPLE.COM**



Little miss shotgun

In Zombieland, Breslin trades cuteness for killer instinct

STEVE GOW
for Metro Canada



This may be difficult to digest but little Abigail Breslin may be Hollywood's newest action hero.

You can laugh but it's true. While the Oscar-nominated youngster behind Little Miss Sunshine is unlikely to become the next Chuck Norris, in her latest comic thriller, Breslin has taken up a shotgun to blast her way through Zombieland, which topped the weekend box office with \$25 million in gross takings.

"I never thought I'd be in a zombie movie so it was kind of fun to do," said Breslin during a recent phone interview from New York.

"I don't know if I'm trying to branch out. I just do each movie because of the character and the story so I just really liked Little Rock (her character).

"She's a con-artist and



Abigail Breslin battles the walking dead in Zombieland.

she's really tough, smart and really brave and fun to play and it's a zombie movie — how can you not want to (do it)!"

Described by director Ruben Fleischer as "Midnight Run with zombies," Breslin's latest movie casts her and Emma Stone (Superbad) as clever sisters who coerce fellow rambling apocalypse survivors Woody Harrelson and Jesse Eisenberg (Adventureland) to sojourn to sunny Cali-

fornia in order to seek refuge at an amusement park from a worldwide plague that has turned everyone into the walking dead.

Although spending the opening weeks of production surrounded by carnival rides was thrilling, perhaps the only thing more surprising for Breslin was her adopted skill at shooting zombies — an attribute Stone has praised her 13-year-old co-

star for.

"That was nice of her to say but the first time I was not very good," insisted Breslin. "Once you get used to it, it's not so hard but you still have to go through all of the gun safety stuff."

She may now be wielding firearms and killing zombies in R-rated fashion with Woody Harrelson but don't expect Breslin to be any less an innocent kid. Perhaps best exemplified by her infamous on-set "curse jar," Breslin kept her adult co-stars in check by collecting money for charity each time someone stepped out of line and cursed in her company.

"I don't think I even counted up how much we made. I think everyone was trying to watch (their language)," laughed Breslin when asked about her well-behaved castmembers. "Nobody stands out in my mind (as being a potty mouth)."

In brief

LAW SUIT Apple Inc. and the music publisher for Eminem

have settled a downloading lawsuit **THE ASSOCIATED PRESS**

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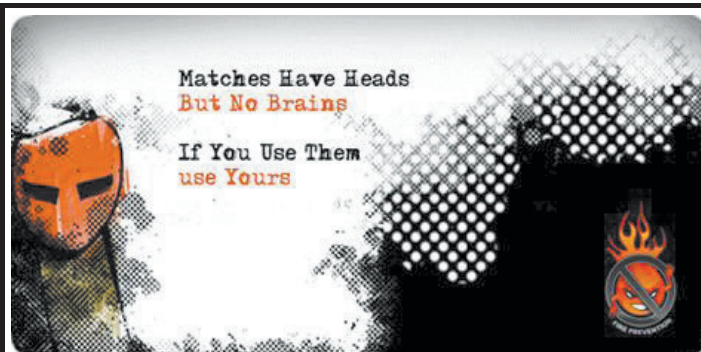
IN THEATRES OCTOBER 23

E! **metro**

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes January 9, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

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Halifax Regional Fire & Emergency's 2009 Fire Prevention Week theme is aimed at reducing the number of fires associated with, or caused by, the inappropriate use of matches & lighters.

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For additional information, and to view our "Matchstick Video", please visit www.halifax.ca/fireprevention

Fire Prevention Week
October 4th - 10th, 2009



The Daily Mail reports that American Idol judge Simon Cowell marked his 50th birthday on the weekend surrounded by 400 guests at a party that cost \$1.5 million US. **POPEATER.COM**

Entertainment in brief

FILM When Patrick Swayze first read the script for *Dirty Dancing*, he found it a little clean. The actor, who died Sept. 14 of cancer, writes in his memoir,

"It seemed fluffy — nothing more than a summer-camp movie." The memoir *The Time of My Life* comes out next week. **THE ASSOCIATED PRESS**

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LAWABIDING CITIZEN

IN THEATRES OCTOBER 16

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No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes October 9, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

X-Weighted tackles families

'When you see a kid distraught, it makes you distraught'

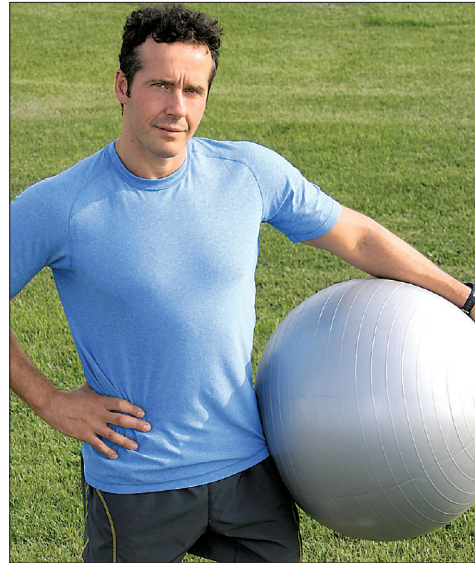
IAN JOHNSTON
for Metro Canada

Paul Plakas has seen a lot of laziness in his 18 years as a personal trainer and TV fitness expert. But nothing quite prepared him for the families he helped out on the fourth season of the series *X-Weighted*.

"I've seen a few things that shocked me over the years, but every once and awhile ... wow," says Plakas, from his Edmonton home.

"There was this 15 or 16 year old girl who sent out something like a thousand text messages a month. She'd text message her mom in the kitchen to see if dinner was ready. And her mom enabled her by texting back."

That's just one example of the 13 families on board for the fourth season of *X-Weighted*, which turns its focus from individuals to



Paul Plakas, fitness expert on the show *X-Weighted*.

families and the epidemic of fat kids in this country.

According to Statistics Canada, there are three times as many overweight children in Canada as 25 years ago. And while Plakas says things like stress and the rise of

prepackaged foods have played a small role in that increase, he places much of the blame on the parents.

"Mostly it's the parents fault their kids are overweight. It's the parents who ultimately allow it to

happen and create the lifestyle. You don't find many fit kids living with fat parents."

The surprising thing that comes out of the new season of *X-Weighted* is the emotional toll that body image has on kids — some of whom are as young as eleven.

Though ultimately, the families get back on the road to healthy living, it can be a rough journey to watch.

"It's a tough season. It feels at times like an hour of crying. And when you see a kid distraught, it makes you distraught."

Plakas, who previously dispensed fitness advice on the Gemini-winning series *Taking It Off*, says he himself must be constantly vigilant about what he eats — especially in public.

"I get recognized all the time. So I'm very conscious of what I order in public. I remember someone caught me in a chocolate shop once and asked if I really should be eating that. I had to agree — probably not."

• *X-Weighted: Families* airs Thursday night on Slice.

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/5/09	31	31	31	ABC	News Center 5	ABC Wid News	Inside Edition	Chronicle	Dancing With the Stars (HDTV) (Live)			Castle
	7	7	7	ASN	The Road to Avonlea	Degrassi: TNG	TMZ (N)		Gossip Girl (HDTV) (N)	TwoHalf Men	Big Bang Th	Castle
	11	11	11	CBC	Wheel-Fortune	Jeopardy! (N)	Battle-Blades	Little Mosque	Just for Laughs (N)	CBC News: The National	The Hour	The Hour
	2	2	2	CBC-F	Pyramide (SC)	La force	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)	La Galère (HDTV) (N) (SC)	Le Téléjournal	Le Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	How I Met	Accidentally	TwoHalf Men	Big Bang Th
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	La Classe de Se (N) (SC)		Yamaska (HDTV) (N) (SC)	Lance et compte	CBS: Miami (N)	TVA nouvelles
	6	6	6	CHFH	Entertainment	ET Canada	Heroes 'Acceptance' (N)		House 'The Tyrant' (N)	Lie to Me (HDTV) (N)	News Final (N)	News Final (N)
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami 'Bolt Action'		Dancing With the Stars (HDTV) (Live)			CTV News
	10	10	10	ELTV	EastLink Mag.	Fishing	Build It	The Job Zone	Incl. Revolution Community Matters			
	36	36	36	FOX	Seinfeld	The Simpsons	TwoHalf Men	TwoHalf Men	House 'The Tyrant' (N)	Lie to Me (HDTV) (N)		Fox First
news	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Heroes 'Acceptance' (N)	Trauma 'All's Fair' (N)	Jay Leno Show	Jay Leno Show
	29	29	29	NW	World News	Business	CBC News	Our World	CBC News: Tonight (N)	CBC News: The National	Wired	Wired
	4	4	4	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus		Antiques Roadshow	Inventing LA: The Chandelers and Their Times		
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus		Antiques Roadshow	Inventing LA: The Chandelers and Their Times		
	68	68	68	TQS	Guerre clans	Wipe Out	La Maison de	Rire et délire	CSI: NY (SC)	Le Mentaliste (N) (SC)	Wipe Out	Wipe Out
	23	23	23	BNN	Headline	Market Call Tonight			MoneyTalk	C-Suite Survey	Business News	Business News
	18	18	18	CNN	Situation Room-Wolf Blitzer	Lou Dobbs Tonight			Campbell Brown (N)	Larry King Live (N)	Cooper 360	Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Learning	Lessons	The Golf Fix	Top 10	President's Cup Highlights	Lessons
	52	52	52	RSE	Connected W-Prime Time	Best Damn Footers Uncovered			Boxing			Sportsnet Con.
	55	55	55	SCOR	(6) Morency	Covers Experts	RaceNight			(10:15) WWE Monday Night Raw		
sports	45	45	45	SPD	Unique Whips	Pimp My Ride	Pass Time	This Week in NASCAR (N)	SuperCars	SuperCars	Auctions	Auctions
	53	53	53	TSN	Off the Record	SportsCentre	Monday Night Countdown	NFL Football Green Bay Packers at Minnesota Vikings	According-Jim	According-Jim	Home Improve.	Home Improve.
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Johnny Test	Scoby-Doo	Total Drama		Total Drama	6TEEN	Futurama	King of the Hill
	26	26	26	TREE	Timmy Time	3rd and Bird	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos
	27	27	27	YTV	Carly	True Jackson	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like
	16	16	16	A&E	CSI: Miami 'Wannabe'	Criminal Minds 'P911'			Intervention	Intervention (HDTV)	Hoarders	Hoarders
	70	70	70	APTN	APTN National News (N)	Nukum	Makusham		Chefs américains	Johnny Mnemonic ** (1995, Science Fiction)		
	50	50	50	BET	106 & Park: BET's Top 10 Live				Phat Girlz ** (2006, Comedy) Mo'Nique, Godfrey.		Mo'Nique Sh.	Mo'Nique Sh.
	37	37	37	BRVO	Wind at My Back	Ahead of the Curve			Asylum of Spoons	Caesar and Cleopatra (2009, Comedy)		
family	25	25	25	CMT	Karaoke Star 'Halifax'	Funnest Home Videos			Reba	Reba	According-Jim	Home Improve.
	49	49	49	COM	Just for Laughs	The Investigators	Air Farce	22 Minutes	Cornier Gas	Name Is Earl	The Simpsons	South Park
	153	153	153	COURT	W-FIVE	The Investigators			Cops Uncut	Dumb Criminal	Missing Link	Investigators
	38	38	38	DISC	Canada's Worst Driver	Daily Planet			MythBusters	Junk Raiders (N)	Dirty Jobs	Dirty Jobs
	34	34	34	HGTV	Extreme Makeover: Home	House Hunters	Property Virgin		For Rent	Income Prop.	House Poor (N)	My First Place
	46	46	46	HIST	The True Story of the Big Red One				Patton 360	Battles BC (N)	Wipe Out	Wipe Out
	17	17	17	MM	Video on Trial	Video on Trial	One Tree Hill		Degrassi: TNG	Video on Trial	You Can Dance	Dance
	19	19	19	MMM	mtmpt10.ca	The Daily Fix			Ranked!	Wild 'n Out	Wild 'n Out	Brooke Knows
	201	201	201	M1	(7:15) They Wait (2007, Horror) Jaime King				Sanctuary 'Requiem'	Dexter	Californication	Californication
	48	48	48	OLN	Mantracker	Ghost Hunters			Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters
cable variety	51	51	51	PEACH	The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU	Fighting Tempt
	206	206	206	PIX	(6:30) The Gate (1987)	(8:15) The Hanging Garden *** (1997, Drama)			Grand's reportages (SC)	Shock to the System ** (2006, Mystery) Chad Allen.	The Dead Zone (1983, Science Fiction)	RD1 économie
	67	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)	Shock to the System ** (2006, Mystery) Chad Allen.	Le Téléjournal (SC)	RD1 économie
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits		Last 10	Last 10	Re-Vamped	Bones
	40	40	40	SLICE	Skin Deep	Skin Deep	Rich Bride, Poor Bride		Star Trek: Voyager	Star Trek: Voyager	Re-Vamped	Plastic-Perfect
	47	47	47	SPACE	Stargate SG-1	Stargate Atlantis (DVS)			UFC Unleashed	The Ultimate Fighter (HDTV)	Ult. Fighter	Ult. Fighter
	14	14	14	SPIKE	CSI: Crime Scene Invstgnt.	CSI: Crime Scene Invstgnt.			The Ellen DeGeneres Show (N)	The View (HDTV) (N)	Dr. Oz Show	Dr. Oz Show
	98	98	98	STAR	etalk	TMZ (N)	Look-A-Like	TMZ	Jon & Kate	Jon & Kate	Jon & Kate	Ultimate Cake
	21	21	21	TLC	Say Yes-Dress	Say Yes-Dress	King of the Crown		Jon & Kate	Jon & Kate	Jon & Kate	Family Guy
	34	34	34	TROP	Carlawood	Carlawood	Raymond	Raymond	The Outer Limits	ET Canada	Comeback	Family Guy

critics' corner

Wired for Sex, Lies and Power: It's a Teen's World
Sex sells. That's nothing new. What is relatively new — and very disturbing — is the way sexuality is being sold to teenagers. In this new documentary, filmmaker Lynn Glazier talks with three groups of teens about the sexual messages that they're getting from popular culture. What emerges is a world-view in which the lines between "sexy" and "sexual harassment" are blurred, and girls are confusing availability with empowerment. 11 PM on NW



Little Mosque on the Prairie
The Muslims of Mercy are learning that the new Anglican minister, the Rev. Thorne (Brandon Firla) isn't as open to their presence as his predecessor. Nevertheless, Amaar (Zaib Shaikh) does his best to reach out to him and invites him to host a party together. When the minister hijacks the party planning, however, the event is almost ruined in the new episode "Big Boys Don't Cry." 8:30 PM on CBC

Trauma
The team springs into action after a car crashes into a street fair, causing horrific damage. Nancy (Anastasia Griffith) gets a new partner (Taylor Kinney), while Rabbit (Cliff Curtis) decides to teach Marisa (Aimee Garcia) a lesson. Derek Luke, Kevin Rankin and Jamey Sheridan also star in the new episode "All's Fair." 10 PM on NBC

Beckinsale Esquire's top hottie

Kate Beckinsale has been named Esquire magazine's Sexiest Woman Alive. The *Underworld* star, 36, takes the crown from Halle Berry, who was named last year's top lady, femalefirst.co.uk reports. **METRO NEWS SERVICES**

**Celebrity Buzz**

Jon plus cash, minus for Kate Stewart laments fame

OUCH The nasty war between Jon and Kate Gosselin just took its ugliest turn yet, people.com reports.

According to Radar Online, Jon cleared out the couple's joint bank account, leaving his estranged wife with just \$1,000 US. Another account, set up for the Gosselin children, was untouched, Radar reports.



A source familiar with the situation

confirmed the details of the report to People, and said Kate plans to take legal action, adds the magazine.

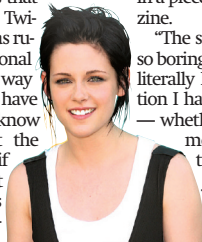
When initially reached for comment, a rep for Jon was unaware of the situation and had no comment. The allegation

against Jon caps an intensely bitter week between the couple, during which their TLC series *Jon & Kate Plus Eight* suspended production. The move followed the network's announcement on Sept. 29 that Jon was being dropped from the show, and him saying he wanted stop the show because it was damaging his children. **METRO WORLD NEWS**

BOO HOO Kristen Stewart admits that starring in the *Twilight* movies has ruined her personal life. "The only way for me not to have somebody know where I went the night before is if I didn't go out at all. So that's what I'm trad-

ing," she tells Dennis Hopper in a piece for *Interview* magazine.

"The sad thing is that I feel so boring because 'Twilight' is literally how every conversation I have these days begins — whether it's someone I'm meeting for the first time or someone I just haven't seen in a while."



METRO WORLD NEWS

Beyonce's papa slapped with paternity suit

THANKS DAD Beyonce Knowles' father, Mathew Knowles, has been slapped with a paternity suit by a Los Angeles woman, according to TMZ.

Alexsandra Wright alleges that she is six month's pregnant with Mathew's child.

Femalefirst.co.uk reports top lawyer Neal Hersh is representing the woman. Tmz.com reports Wright works in the name-branding business.

News of the lawsuit broke just hours after Beyonce had picked

up Billboard magazine's Woman of The Year Award in New York.

Mathew has been married to Beyonce's mom, Tina Knowles, since

1980. He could not be reached for comment.

METRO WORLD NEWS



Hero star's girl-on-girl request

SPICE UP Hayden Panettiere claims the upcoming lesbian affair her character has on *Heroes* was all her idea.

"I kinda threw it out there. They put you in relationships and I was like, 'Can I just be with a girl or something? Let's do that,'" the actress says, according to *Hollyscoop*. "So they took it and ran with it."

METRO WORLD NEWS



Celebrity tweets

Katy Perry finds her inspiration for Halloween this year: **Karl Lagerfeld**, who has some not-so-cheery thoughts about fashion, and **Chris Brown** loves his Mexican food.

* @katyperry just interviewed Karl Lagerfeld... he was so lovely. I think I'ma be him for halloween. Collar, boots, gloves and all. Twerk!

* @Karl_Lagerfeld Fashion's life is short. It's six months, six months, six months. It's not something you do for a great future.

* @Mechanical-Dummy qdoba mexican grill is so bomb

No cheap, tacky publicity for LiLo

BIG BRO BAD Looks like Lindsay Lohan isn't interested in taking part in the upcoming season of *Celebrity Big Brother* in the U.K., despite attempts by the show's producers to coax the troubled starlet into their house.

"Producers have been calling and emailing her whole team and it has been a pass," Lohan's rep tells the *Daily Mail*.

"This is a tacky way to get cheap publicity."

METRO WORLD NEWS



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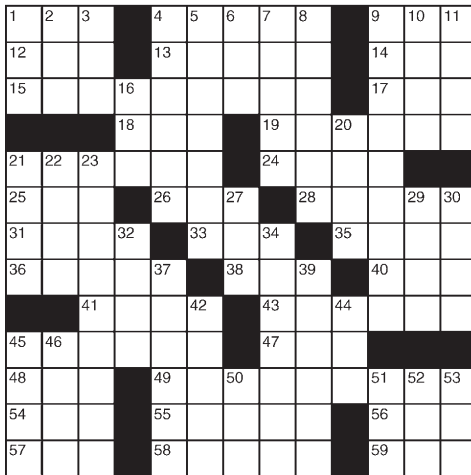
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Take Five

For more delicious Metro recipes, visit: metronews.ca/food

ACROSS

1 Slugger's tool
4 Avocation
9 Despondent
12 Work with
13 Swan Lake role
14 Weeding device
15 Wisconsin city
17 Away from WSW
18 Approvals
19 Hidden marksman
21 Societal levels
24 Engineering sch.
25 "Wha'dja say?"
26 Morning moisture
28 Considers
31 War god
33 Thanksgiving veggie
35 Let fall
36 Old hat
38 Talk on and on
40 Modern-day

evidence
41 Be on an angle
43 Arizona city
45 "Heavens!"
47 Jurist Lance
48 Possess
49 "Find the pea" con
54 Scarlet
55 Wear down
56 Visibility hindrance
57 "— Miniver"
58 Related to the moon
59 Pair

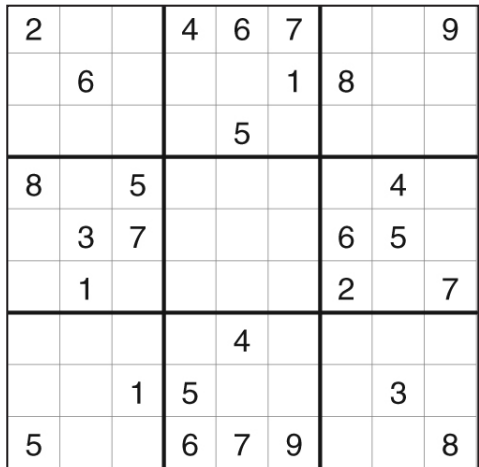
DOWN

1 Clear the tables
2 Blond shade
3 Golf prop
4 Addicted
5 Homeric work
6 Ginormous
7 Explosion
8 Had a longing (for)
9 Crèche figures
10 Top-rated
11 Antelope's playmate
16 Automaton, for short
20 On the rocks
21 Punch-ballot bit
22 Emanation
23 Small, stocky ponies
27 Witty one
29 Stereo alternative
30 Bridge
32 Crystal gazer
34 Waltzing girl of song
37 Maiden
39 Culprit in a trite whodunit
42 India's first prime minister
44 Gear tooth
45 Students' quarters
46 Basin accessory
50 A billion years
51 Toward the stern
52 Tend the lawn
53 Id counterpart

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

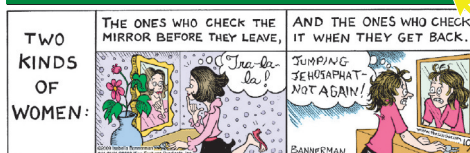


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	2	6	1	3	5	8	9	4
3	9	1	7	8	4	2	5	6
4	5	8	2	9	6	1	3	7
8	6	2	9	5	7	4	1	3
9	3	4	8	6	1	5	7	2
5	1	7	3	4	2	6	8	9
2	8	5	6	7	3	9	4	1
6	4	3	5	1	9	7	2	8
1	7	9	4	2	8	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Beef Barley Stew

INGREDIENTS:

1-1/2 lbs (750 g) lean beef stew meat, cut into 1/2-in. (1 cm) cubes
1 medium onion, chopped
1 tbsp (15 ml) vegetable oil
3 cans (14 oz/398 ml) beef broth
1 cup (250 ml) medium pearl barley
1 tsp (5 ml) dried thyme
1/2 tsp (2 ml) dried marjoram
1/4 tsp (1 ml) dried rosemary, crushed
1/4 tsp (1 ml) pepper
4 medium carrots, sliced
2 tbsp (25 ml) chopped fresh parsley

METHOD:

1. In large pot or Dutch

oven, brown meat on all sides and onion in oil over medium-high heat. Add broth, barley and seasonings; bring to boil. Reduce heat; cover and simmer 1 hour.
2. Add carrots; bring to boil. Reduce heat; cover and simmer 30-40 minutes or until meat and carrots are tender. Add parsley just before serving.

SERVES 8

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.caARIES
MARCH 21-APRIL 20

There are times you enjoy doing things that are random and irregular and that's the mood you'll be in today. You'll have fun if you know when to stop.

LIBRA
SEPT 23-OCT 23

Upheavals are likely today but if you stay calm and focus on your long-term goals you will be strengthened rather than weakened by the day's events.

TAURUS
APRIL 21-MAY 21

You will be at your best today. You don't have to take risks but if you do they will pay off and you will gain a new awareness of what is possible in your life.

SCORPIO
OCT 24-NOV 22

Do something exciting today, something that sets your heart beating faster. Involve other people too: it's more fun when you share.

GEMINI
MAY 22-JUNE 21

You'll learn a lot about others today by observing how they react to events. If their initial reaction is panic, then you don't want them on your team.

SAGITTARIUS
NOV 23-DEC 21

Don't worry if others disapprove of what you're doing. Most likely it's a sign you're doing it right. You've never been the safe and dependable kind.

CANCER
JUNE 22-JULY 22

You'll likely enjoy the shocks and upheavals taking place around you over the next 24 hours. Others may be fearful, but to you it'll be one big joke.

CAPRICORN
DEC 22-JAN 20

You may be a class act but people will respond to you better today if you're a little bit outrageous in the things you say and do. Aim to go over the top.

LEO
JULY 23-AUG 23

Anyone who thinks you'll give in at the merest hint of pressure is clearly a bad judge of character; they'll learn it doesn't pay to try and hustle a Leo.

AQUARIUS
JAN 21-FEB 18

Move with the times today, or lose out to rivals who really are not in your league. There is no reason you shouldn't put your own interests first.

VIRGO
AUG 24-SEPT 22

Aim to do something today that shakes up friends, family and colleagues and reminds them you're not the type who can be taken for granted.

PISCES
FEB 19-MARCH 20

You'll do something crazy today and even those who know you will worry you may be losing your mind. But you know exactly what you are doing.

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This day in history

1869: A strong hurricane devastates the Bay of Fundy region. The storm had been predicted over a year before by a British naval officer.
1944: Canadian Air Force pilots shoot down the first German jet fighter over France.
1968: Police baton civil rights demonstrators in Derry, Northern Ireland — considered to mark the beginning of The Troubles.
1970: In Montreal, British Trade Commissioner James Cross is kidnapped by members of the FLQ terrorist group.
1984: Marc Garneau becomes the first Canadian in space, aboard the Space Shuttle Challenger. **METRO NEWS SERVICES**



Lead the Way with responsible gambling.

NOVA SCOTIA GAMING CORPORATION'S
RESPONSIBLE GAMBLING AWARENESS WEEK
OCTOBER 4th – OCTOBER 10th

NOVA SCOTIA | RESPONSIBLE GAMBLING
GAMING CORPORATION | *It's your best bet*

Responsible Gambling Awareness Week includes community events and initiatives that help raise awareness of how to play responsibly. Here are some examples:

- Set a budget before you start to play, and stop once you've reached it.
- Only use your own money and what you can afford to spend.
- Set a time limit that allows you to meet your other commitments.
- Play for entertainment. Spend time on other things.

Halifax Shopping Centre, Halifax
Friday, October 5th 1:00–5:00 P.M.

Mic Mac Mall, Dartmouth
Saturday, October 10th 12:00–4:00 P.M.

Visit the Interactive Community Education Display in your community to learn more about responsible gambling.

For more information, visit
www.nsgc.ca.

RESPONSIBLE GAMBLING AWARENESS WEEK

SUNDAY, OCTOBER 4th – SATURDAY, OCTOBER 10th, 2009

Visit the Interactive Community Education Display at a location near you:

October 2009

SUN	MON	TUE	WED	THUR	FRI	SAT
4 Mayflower Mall, Sydney 12:00 – 4:00 P.M.	5 Antigonish Mall, Antigonish 1:00 – 5:00 P.M.	6 Amherst Centre Mall, Amherst 1:00 – 5:00 P.M.	7 County Fair Mall, New Minas 1:00 – 5:00 P.M.	8 Yarmouth Mall, Yarmouth 1:00 – 5:00 P.M.	9 Halifax Shopping Centre, Halifax 1:00 – 5:00 P.M.	10 Mic Mac Mall, Dartmouth 12:00 – 4:00 P.M.

NOVA SCOTIA | RESPONSIBLE GAMBLING
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